

Randolph County, 2005 County Adult Health Survey



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Center for Health Statistics

Randolph County and Clay County, 2005

County Adult Health Survey *Behavioral Risk Factor Surveillance System*

August 2005

For More Information about the Randolph County and Clay County County Adult Health Survey

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Randolph County and Clay County 2005 County Adult Health Survey

Introduction

What is the County Adult Health Survey?

The national focus on improving the health of American citizens has also become a major focus for local communities.¹ As a result, the demand by state, county, and local agencies for health-related data in order to develop health-promotion programs and target resources has increased. The **County Adult Health Survey** is an instrument used by **Hometown Health Improvement** to collect, evaluate, and monitor personal risk behaviors that affect the health of adults in Arkansas communities. The survey uses questions from the **Behavior Risk Factor Surveillance System** (BRFSS), which was developed by the Centers for Disease Control.²

What is Hometown Health Improvement?

Hometown Health Improvement is a grassroots initiative that stresses cooperative action and creative solutions at the local level to identify community health problems and to develop and implement ways to solve them.

This goal is accomplished through cooperation, coalition building, community health assessment, prioritization of health issues, and the development and implementation of health-improving strategies designed and sustained locally.

As part of this initiative, Randolph County and Clay County conducted the County Adult Health Survey using questions from the Behavioral Risk Factor Surveillance System (BRFSS).

¹ Centers for Disease Control and Prevention. Healthy People 2010. Atlanta, Georgia. <http://www.healthypeople.gov>

² Centers for Disease Control and Prevention. About BRFSS. Atlanta, Georgia. <http://www.cdc.gov/nccdphp/brfss/about.htm>

What is the BRFSS?

The BRFSS is a survey developed to help states collect and monitor state level information on the major behaviors that can affect the health of their adults. It was developed in the 1980s by the Centers for Disease Control and Prevention after research indicated that personal health behaviors play an important role in premature death and illness. Primarily, the survey focuses on behaviors that are linked to the leading causes of death (heart disease, cancer, stroke, diabetes and injury) as well as other important health issues.

The specific behaviors included in the survey are the following:

- Not getting enough physical activity
- Being overweight
- Not using seatbelts
- Using tobacco and alcohol
- Not getting preventive medical care (e.g. flu shots, mammograms, Pap smears, colorectal exams) that can save lives.

How is the BRFSS used?

State and local health departments in all 50 states rely heavily on BRFSS data to:

- Determine priority health issues and identify populations at highest risk.
- Develop strategic plans and target prevention programs.
- Monitor the effectiveness of intervention strategies and progress toward prevention goals.
- Educate the public, the health community, and policymakers about disease prevention.
- Support community policies that promote health and prevent disease.

BRFSS information is also used by researchers, voluntary, organizations and professional managed care organizations to target prevention efforts. Recognizing the value of such a system in addressing priority health issues in the coming century, China, Canada, and other countries have looked to CDC for assistance in establishing BRFSS-like systems for their own populations.

The ability to determine populations at highest risk is essential in effectively targeting scarce prevention resources. BRFSS data can be analyzed by a variety of demographic variables; including age, education, income, and racial and ethnic background to determine which populations are at highest risk in a community.

How did Clay County and Randolph County conduct the County Adult Health Survey?

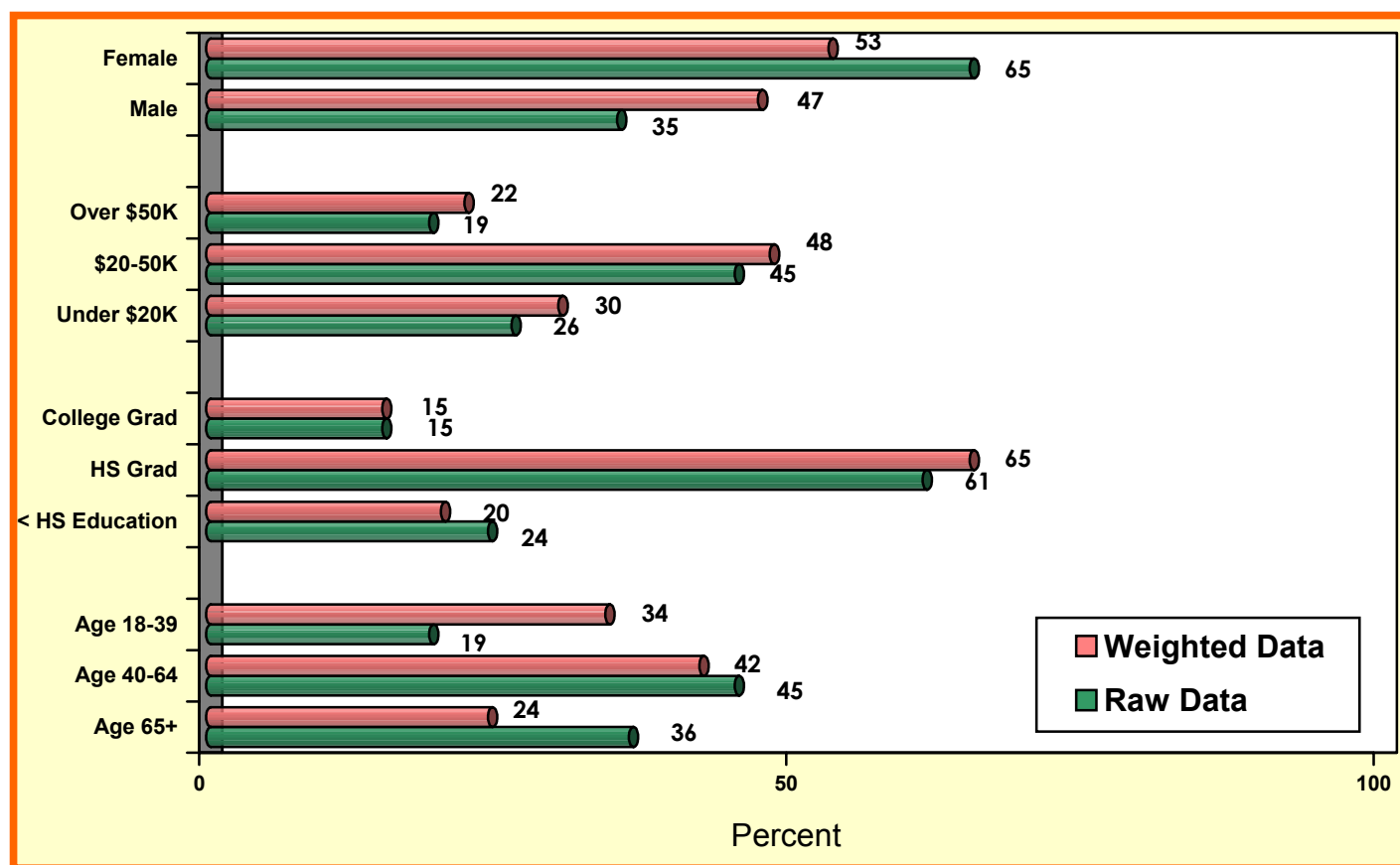
During June and July of 2005, a telephone survey of 435 randomly selected adults in Clay and Randolph counties was conducted. Telephone interviews were carried out and supervised by trained telephone research interviewers at the University of Arkansas at Little Rock's Institute of Government.

Who participated in the Randolph County and Clay County County Adult Health Survey?

Of the 435 people who were interviewed, 159 were men and 276 were women. The following chart summarizes the demographics of the survey participants as both raw numbers and as weighted data. The raw data is the data collected from the sample of persons interviewed. The weighted data is the collected survey data [raw data] that has been adjusted to represent the population from which the sample was drawn.

All other data presented in the report is based on the **weighted** data. All percentages presented in this report are rounded to the nearest whole percent.

Survey Demographics



Risk Factors

General Health Status

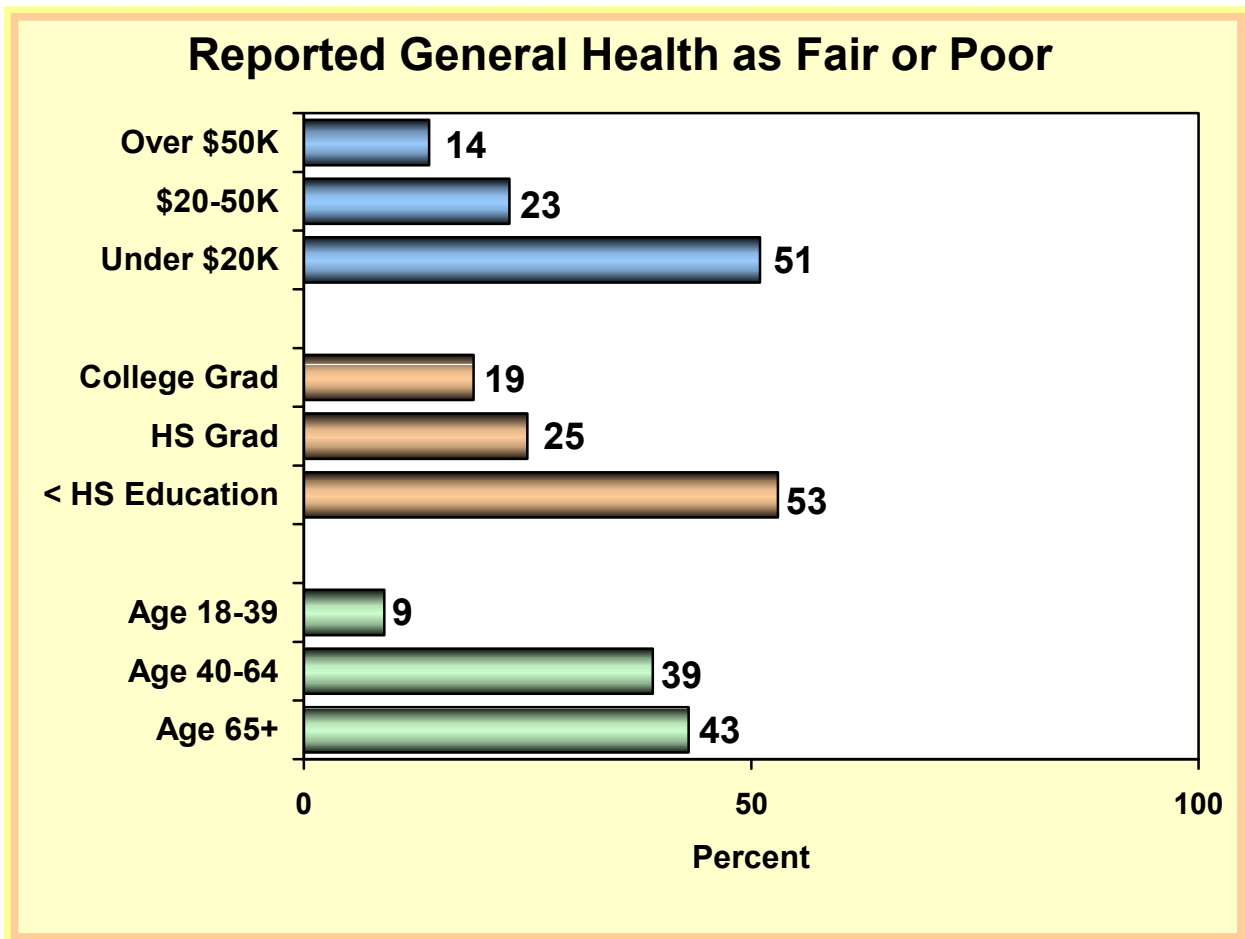
Risk Factor Definition: General Health

Question: Would you say that your general health is “excellent,” “very good,” “good,” “fair,” or “poor?”

At Risk: Those who answered “fair” or “poor” are considered at risk.

Who is at risk in Randolph County and Clay County?

Thirty percent characterized their general health as fair or poor. The youngest category of respondents, those with the most income and education tended to report better general health.



Physical Health

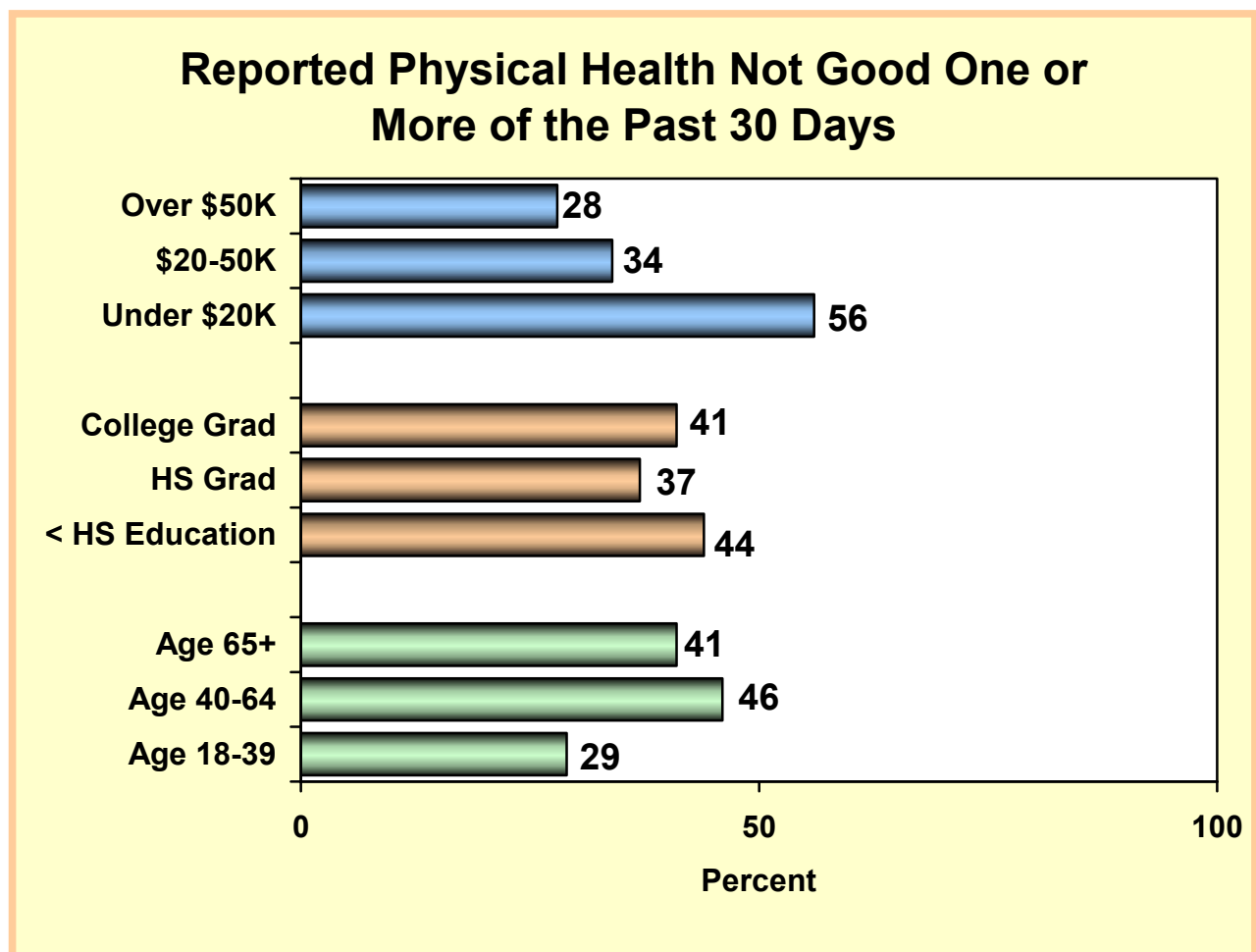
Risk Factor Definition: Physical Health

Question: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

At Risk: Having one or more self-reported days of “not good” physical health.

Who is at risk in Randolph County and Clay County?

Thirty-nine percent of Clay county and Randolph county adults had at least one day a month of poor physical health. According to the survey, the average Clay county and Randolph county adults had 5.75 days of bad health and 6.55 days each month when health problems interfered with usual activities. Those respondents within the lowest income bracket and those with the least years of education were more likely to be affected by poor health. Those respondents in the 65+ age group reported better physical health than those in the 40-64 age group.



Mental Health

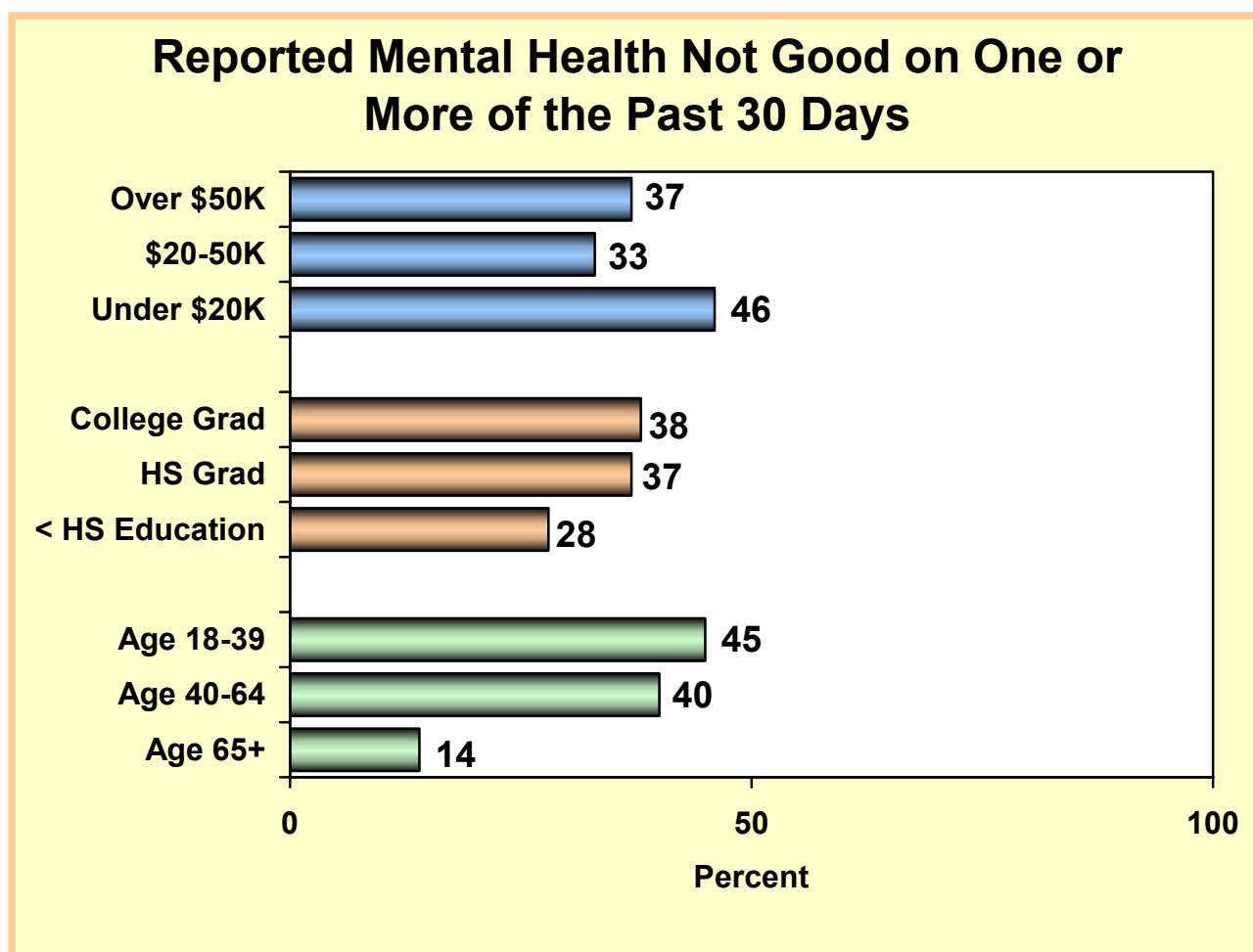
Risk Factor Definition: Mental Health

Question: Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

At Risk: Having one or more self-reported days of “not good” mental health.

Who is at risk in Randolph County and Clay County?

Thirty-five percent had at least one day of poor mental health in the past month. The average Clay county and Randolph county adult had 4.52 days each month of poor mental health. Respondents with an annual household income of less than \$20,000 and the youngest respondents were more likely to report at least one day of poor mental health in the past month.



Health Care Access

The survey asked if respondents had health insurance and about barriers to getting insurance.

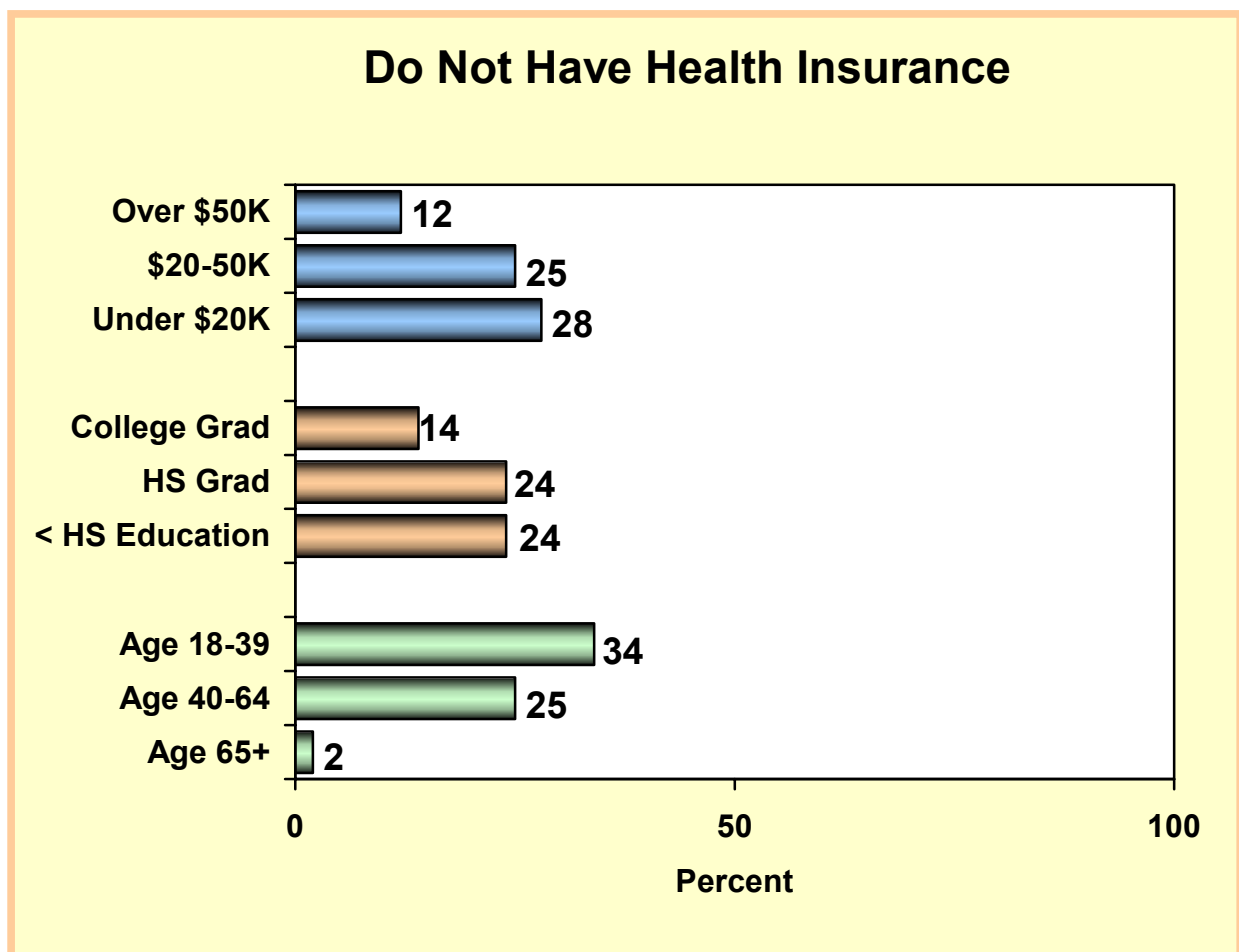
Risk Factor Definition: No Health Insurance

Question: Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

At Risk: Those who answered “no” are considered at risk.

Who is at risk in Randolph County and Clay County?

Twenty-two percent said they didn't have health insurance. The youngest category of respondents and those with an annual household income less than \$20,000 were less likely to be insured.



Hypertension

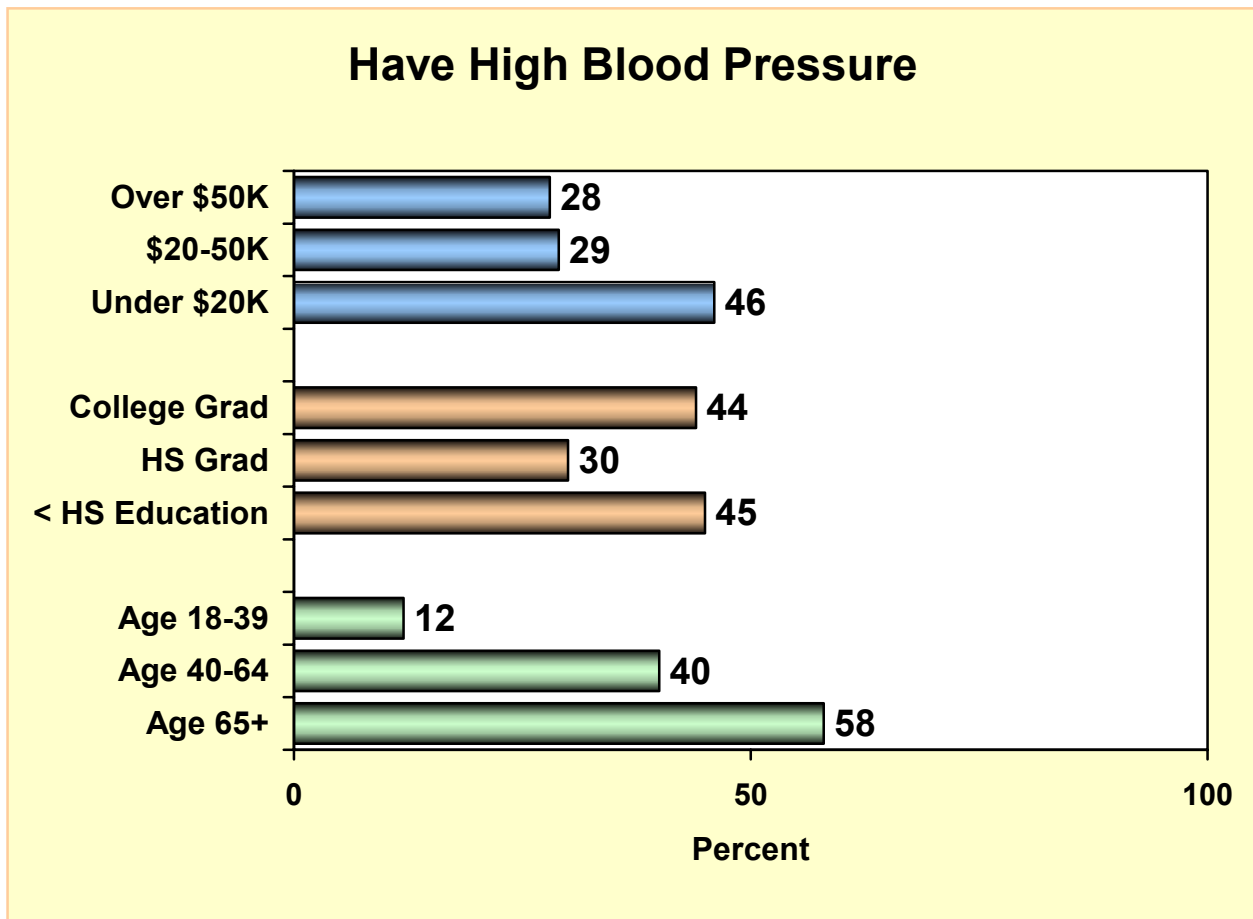
Risk Factor Definition: Have High Blood Pressure

Questions: Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure? Are you currently taking medicine for your high blood pressure?

At Risk: Those who answered "yes" are considered at risk.

Who is at risk in Randolph County and Clay County?

Thirty-five percent of Clay county and Randolph county adults have been given a hypertension diagnosis by a doctor. The oldest category of respondents and those with an annual household income of less than \$20,000 were more likely to report that they had been diagnosed with high blood pressure by a doctor, nurse or other health professional.



Cholesterol

Risk Factor Definition: Blood Cholesterol Not Checked in Past 2 Years

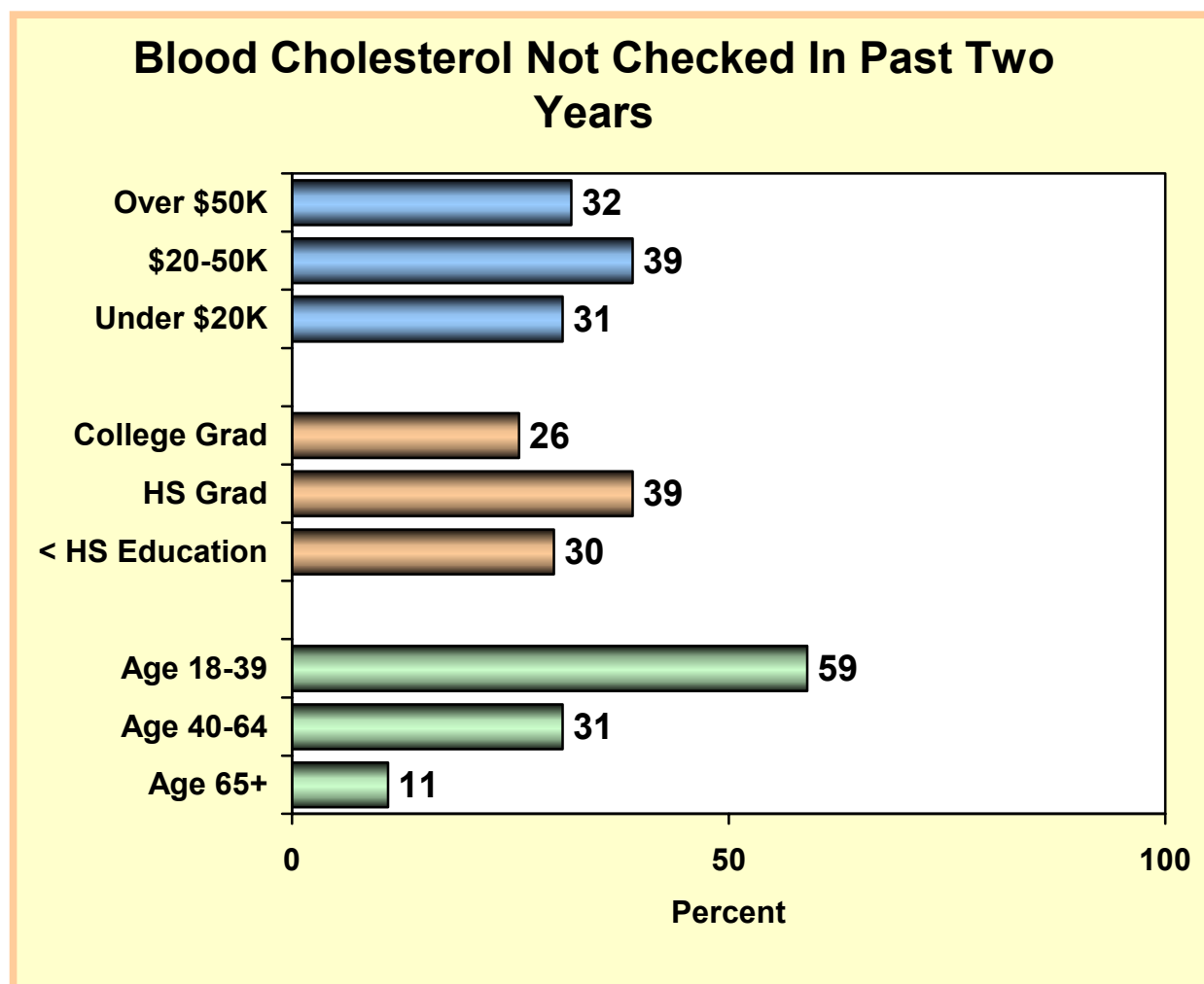
Blood cholesterol is a fatty substance found in the blood.

Questions: 1. Have you ever had your blood cholesterol checked?
2. About how long has it been since you had your blood cholesterol checked?

At Risk: Those who have not had their blood cholesterol checked within the past 2 years are considered at risk.

Who is at risk in Randolph County and Clay County?

Thirty-five percent of Clay county and Randolph county adults had not had their blood cholesterol tested within the past 2 years. The youngest respondents were far less likely to have had their blood cholesterol tested within the past two years.



Cholesterol

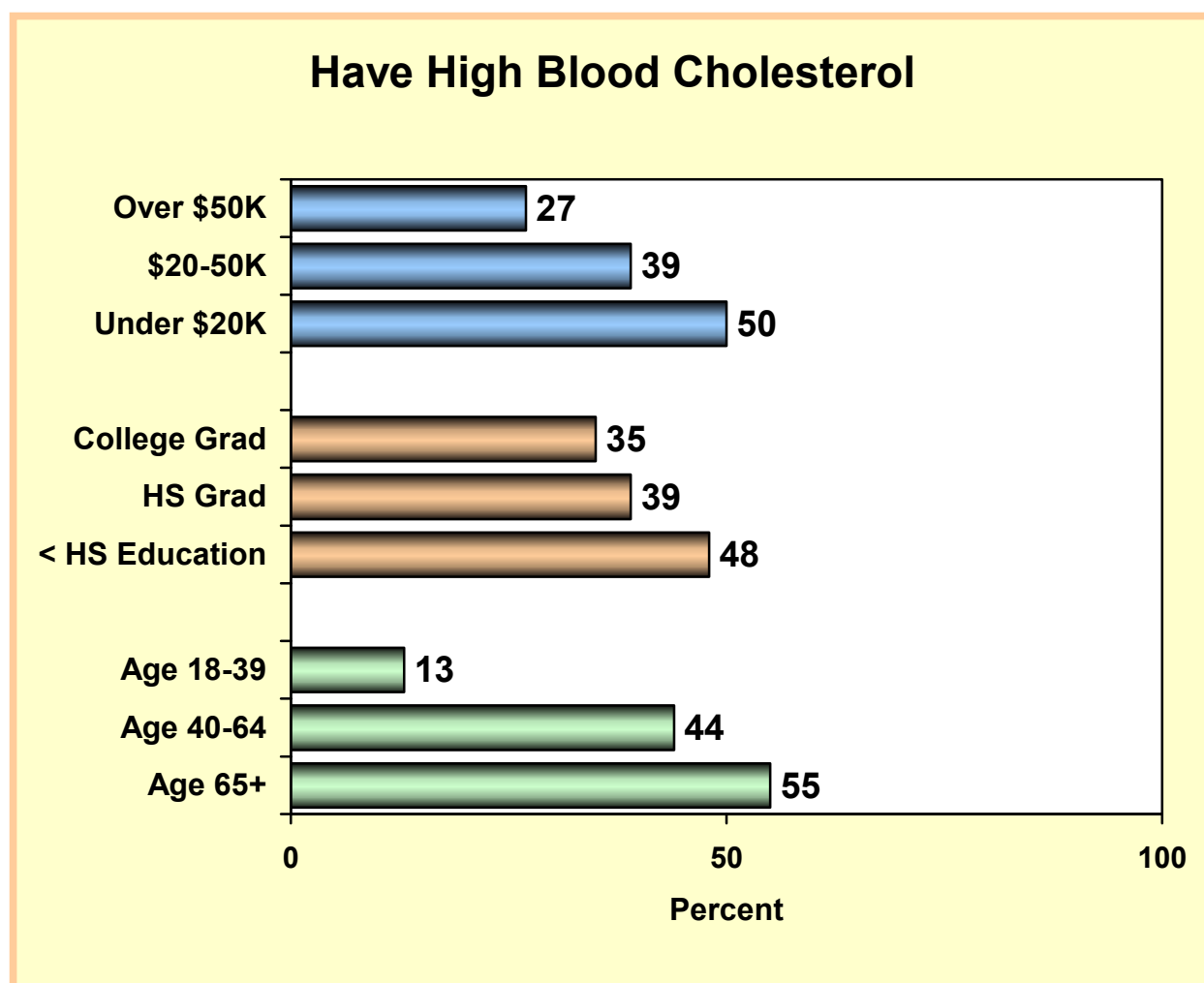
Risk Factor Definition: Blood Cholesterol Level

Question: Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

At Risk: Those who answered "yes" are considered at risk.

Who is at risk in Randolph County and Clay County?

Forty percent of Clay county and Randolph county adults have been given a high blood cholesterol diagnosis by a doctor. The oldest category of respondents, those with the least years of education or in the lowest income bracket were more likely to report a high blood cholesterol diagnosis than others.



Asthma

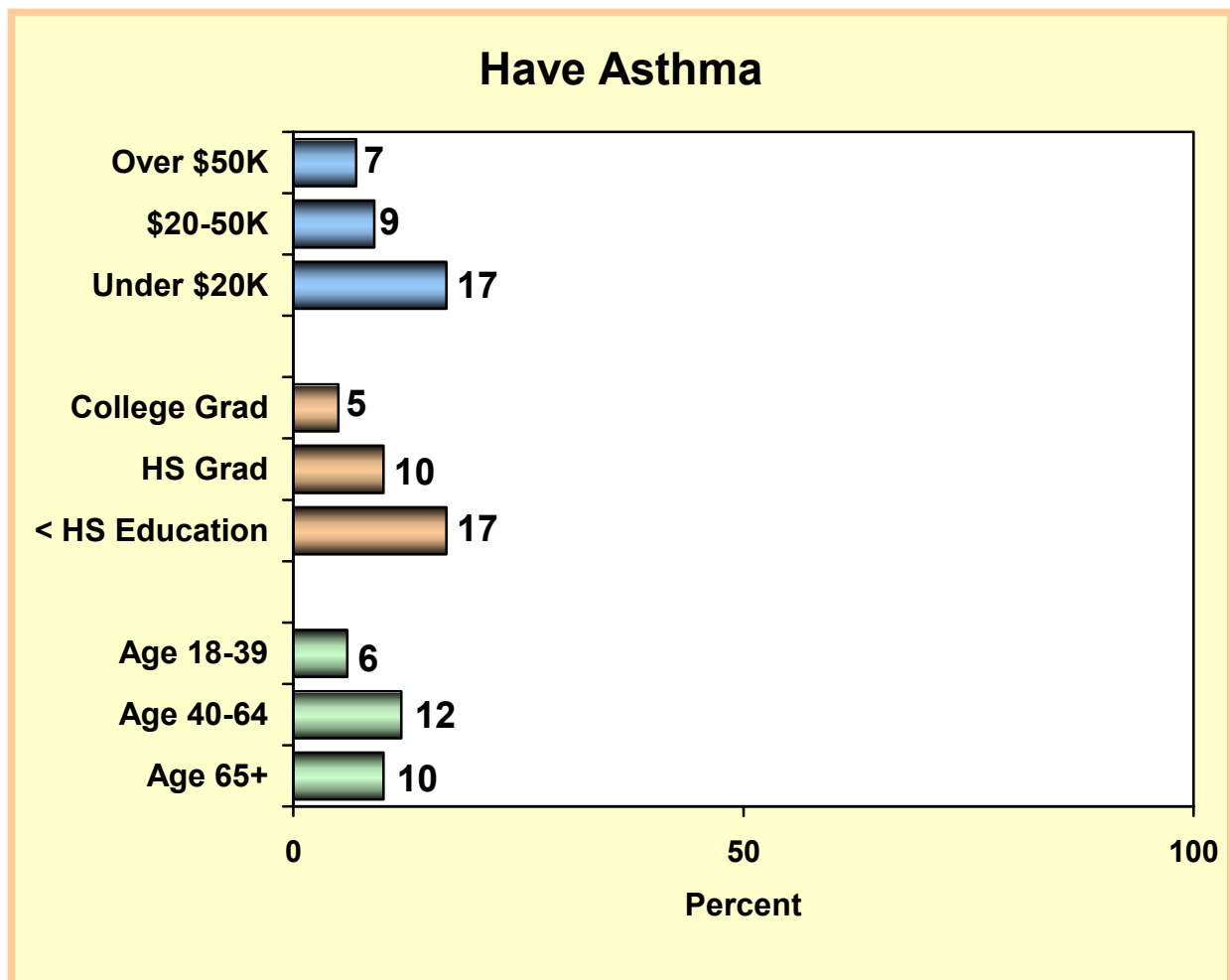
Risk Factor Definition: Have Asthma

Question: Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

At Risk: Those who said "yes" are considered at risk.

Who is at risk in Randolph County and Clay County?

Eleven percent said they had been told by a doctor that they have asthma. Respondents in the lowest income bracket and those with the least education were more likely to report that they had asthma.



Diabetes

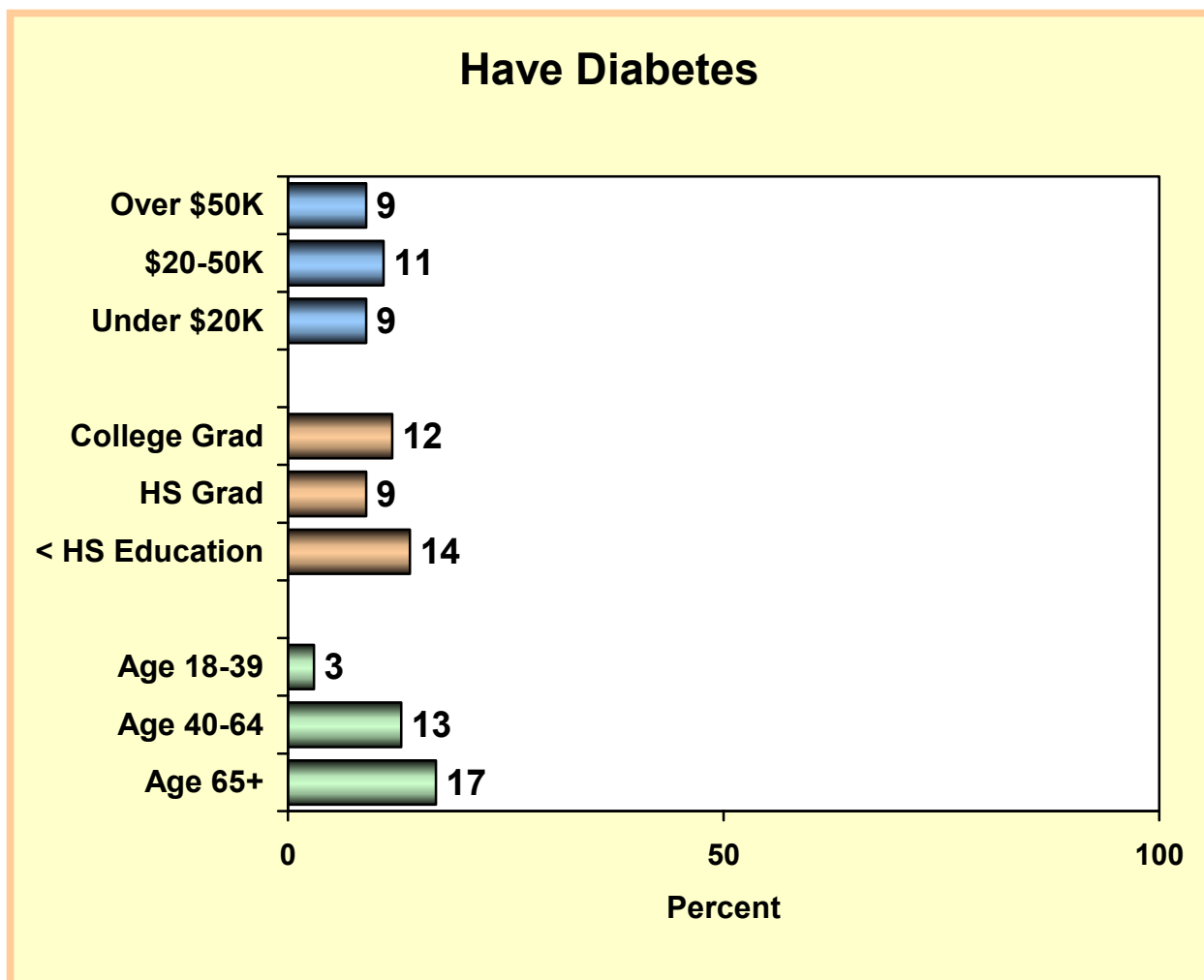
Risk Factor Definition: Have Diabetes

Question: Have you ever been told by a doctor that you have diabetes?

At Risk: Those who answered "yes" are considered at risk.

Who is at risk in Randolph County and Clay County?

Eleven percent of Clay county and Randolph county adults had been given a diabetes diagnosis by a doctor. The oldest category of respondents and those with the least education were more likely to report a diabetes diagnosis than others.



Arthritis

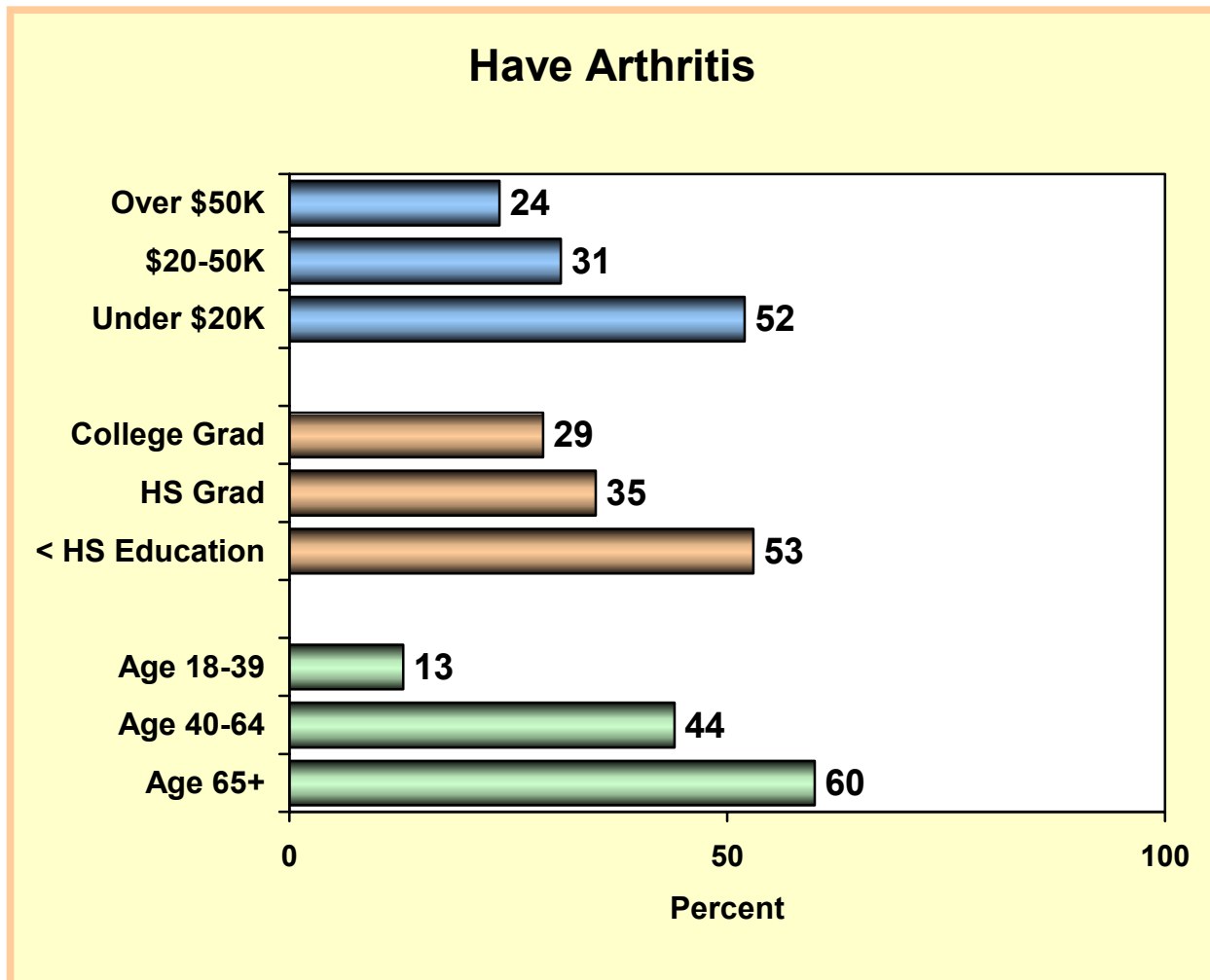
Risk Factor Definition: Have Arthritis

Question: Have you ever been told by a doctor that you have arthritis?

At Risk: Those who answered “yes” are considered at risk.

Who is at risk in Randolph County and Clay County?

Thirty-seven percent of Clay county and Randolph county adults had been given an arthritis diagnosis by a doctor. The oldest category of respondents, those with the least annual household income or years of education were more likely to report arthritis than others.



Arthritis

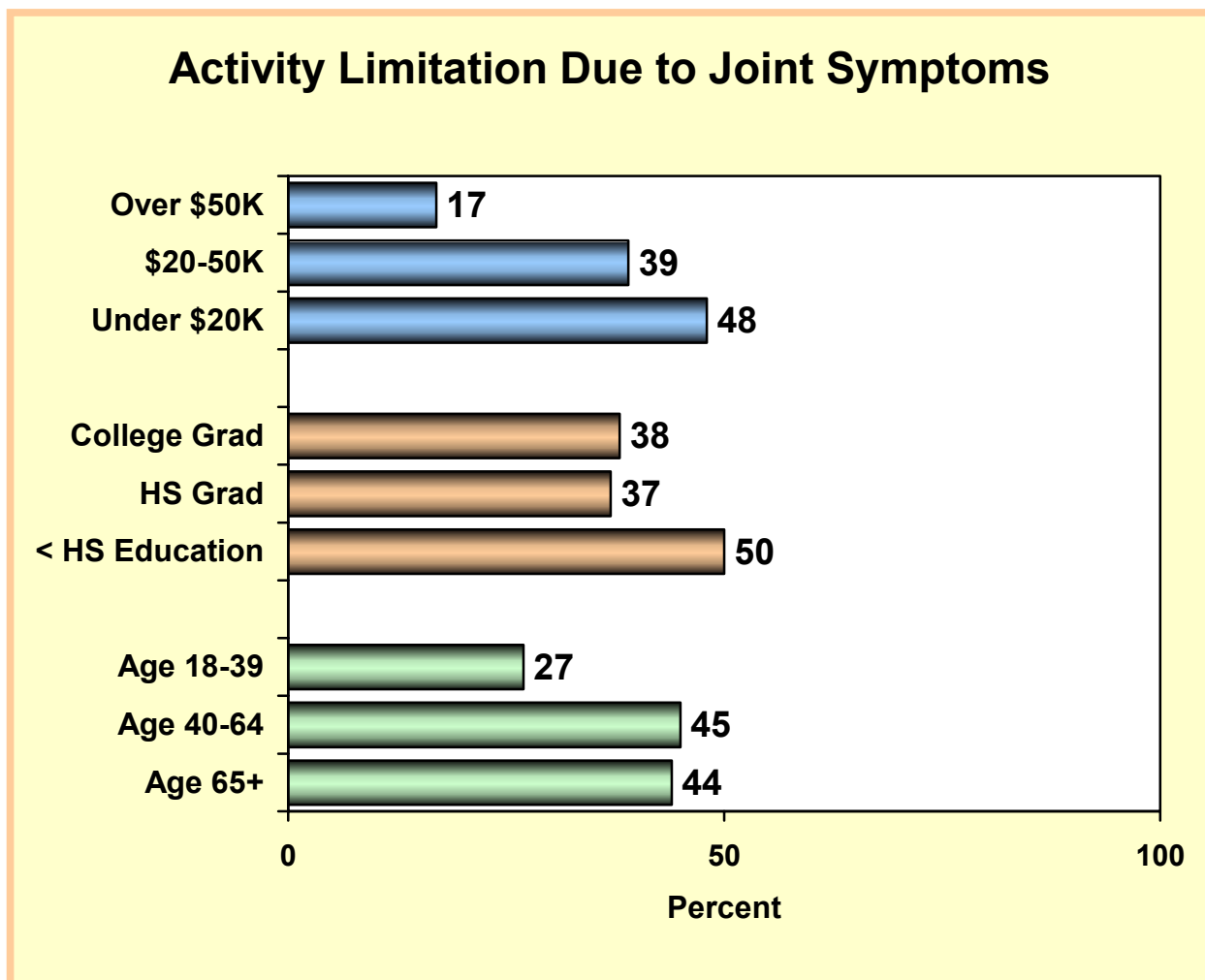
Risk Factor Definition: Have Activity Limitation Due to Joint Symptoms

Question: Are you now limited in any way in any activities because of joint symptoms?

At Risk: Those who answered "yes" are considered at risk.

Who is at risk in Randolph County and Clay County?

Forty percent of Clay county and Randolph county adults indicated a limitation in activities due to joint symptoms. Respondents in the lowest income bracket and those with the least years of education were more likely to report an activity limitation due to joint symptoms than others. Respondents in the 40-64 age category was one percentage point more likely to report activity limitations than those in 65+ age category.



Colorectal Cancer Screening

Risk Factor Definition: Over Age 50 and Never Been Screened

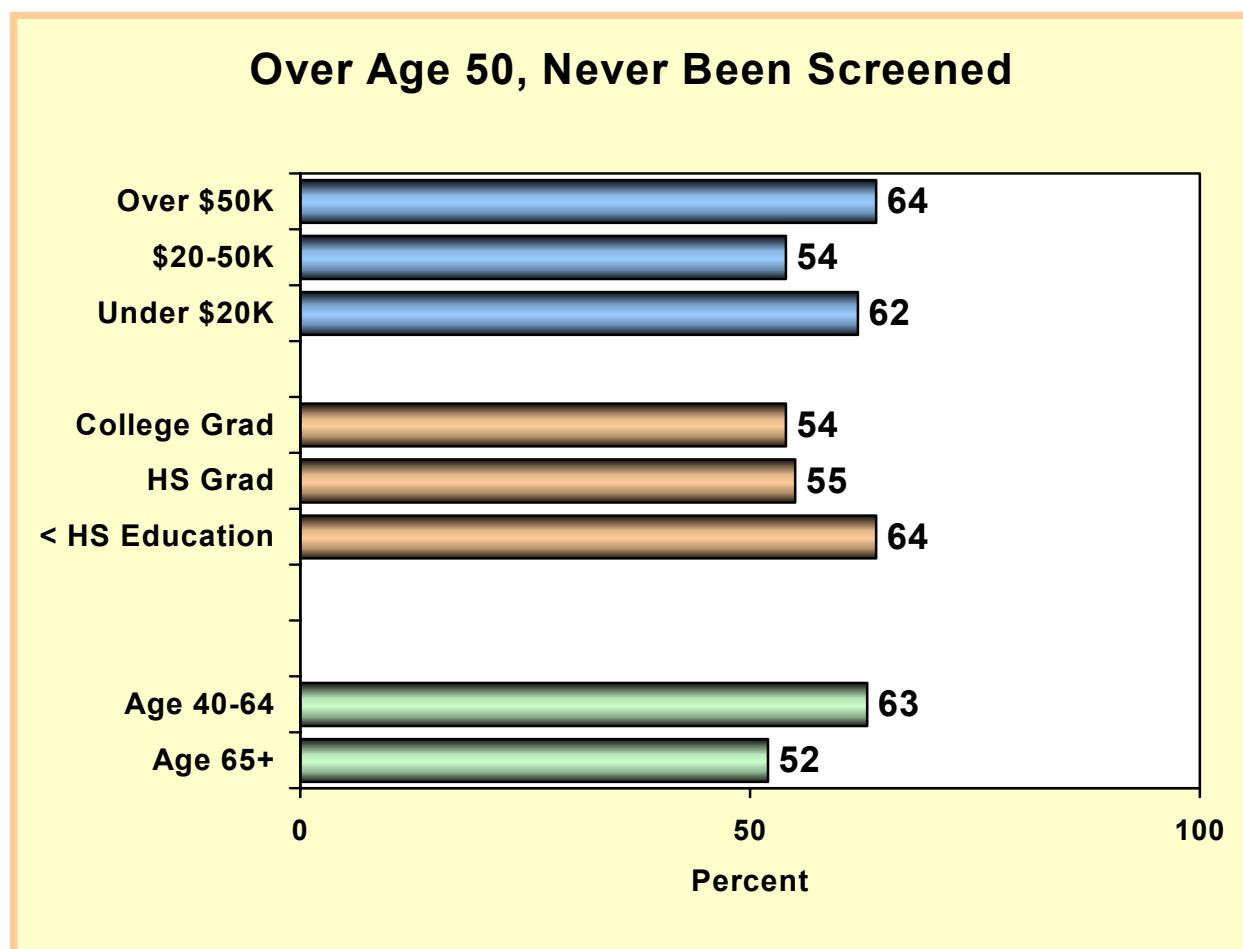
Sigmoidoscopy and colonoscopy are exams in which a tube is inserted into the rectum to view the bowel for signs of cancer or other health problems.

Question: Have you ever had these exams?

At Risk: Those aged 50 and older who answered "no" are considered at risk.

Who is at risk in Randolph County and Clay County?

Fifty-seven percent of Clay county and Randolph county adults over the age of 50 had never been screened for colorectal cancer.



Prostate Cancer Screening

Risk Factor Definition: Male, Over Age 40, and Not Screened Within the Past Year

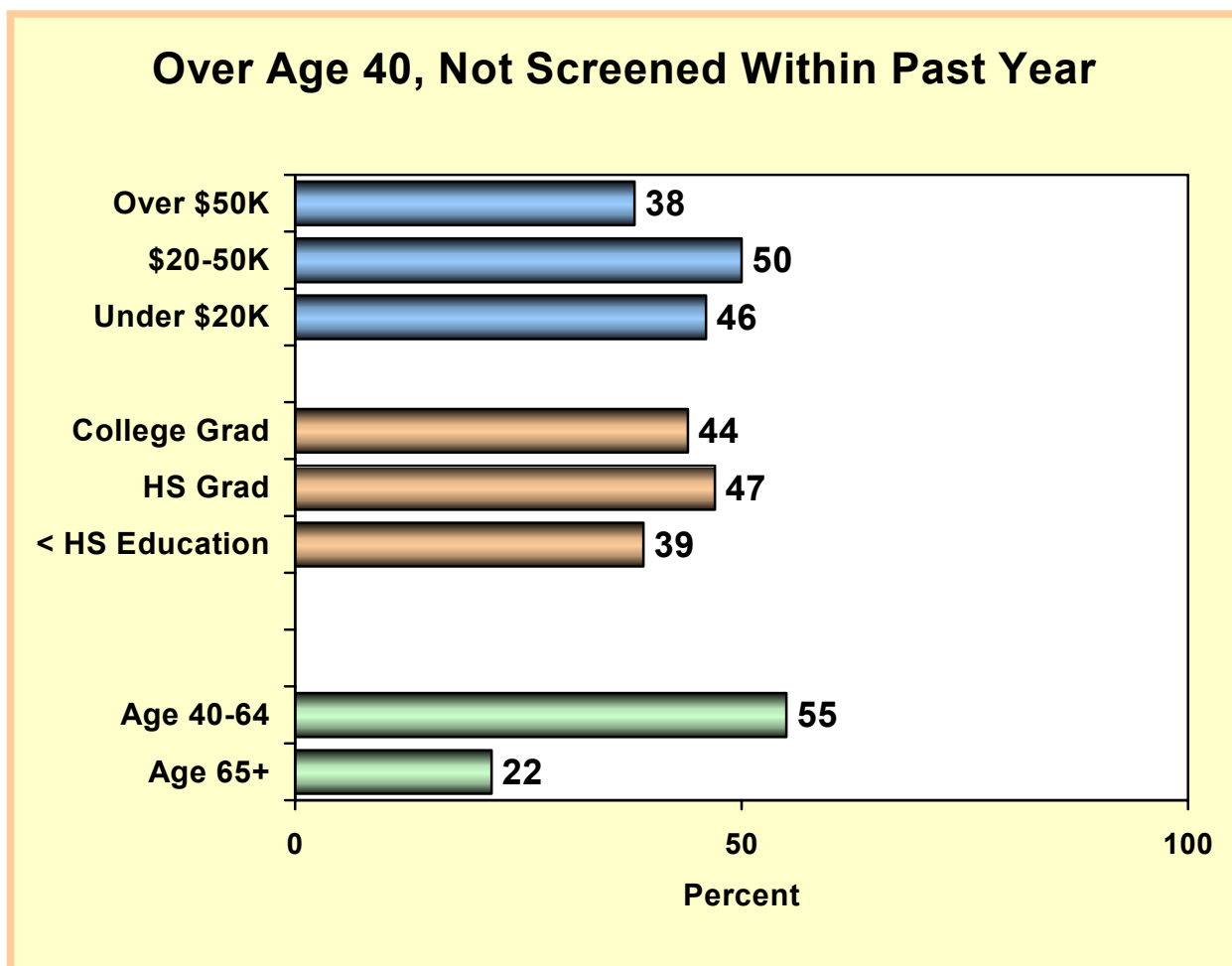
A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland.

Question: Have you ever had these exams?

At Risk: Those aged 40 and older who answered "no" are considered at risk.

Who is at risk in Randolph County and Clay County?

Forty-five percent of Clay county and Randolph county males over age 40 indicated they had not been screened for prostate cancer within the past year.



Immunization

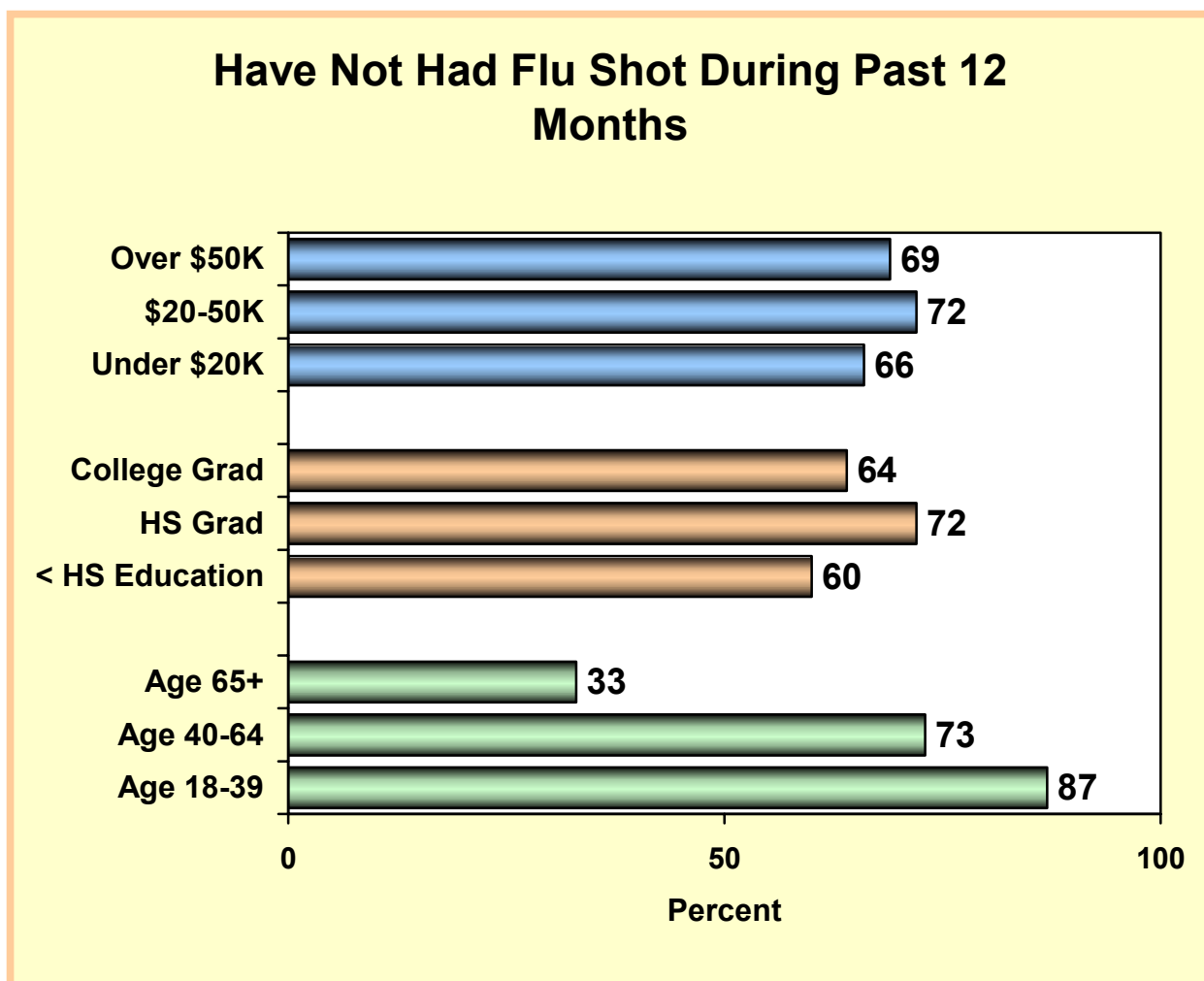
Risk Factor Definition: No Flu Shot

Question: During the past 12 months, have you had a flu shot?

At Risk: Those who answered "No" are considered at risk.

Who is at risk in Randolph County and Clay County?

Sixty-eight percent of Clay county and Randolph county adults had not had a flu shot during the past 12 months. Respondents in the youngest age category were less likely to have had a flu shot during the past 12 months.



Physical Activity

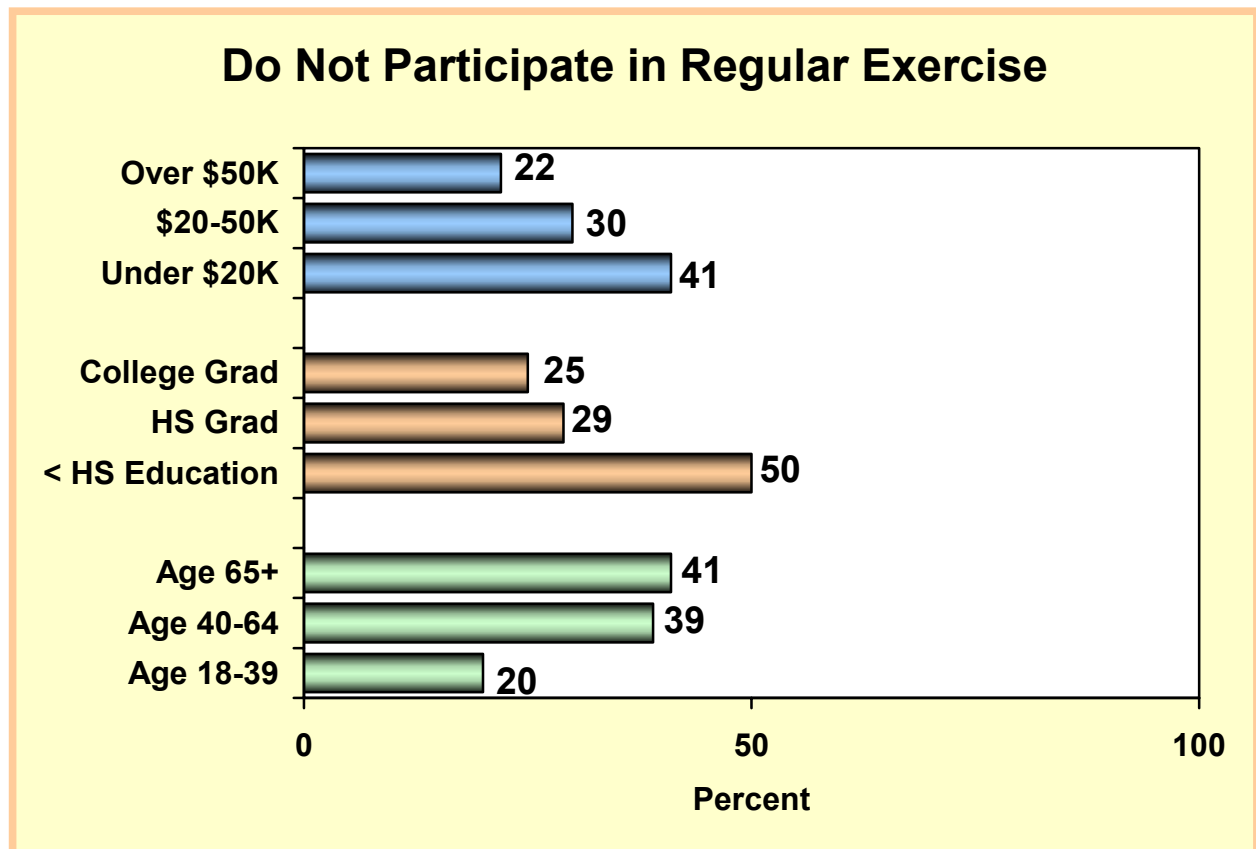
Risk Factor Definition: Do Not Participate in Regular Physical Activity

Questions: During the past 30 days, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

At Risk: Those who do not participate in physical activity on a regular basis are at risk.

Who is at risk in Randolph County and Clay County?

Thirty-three percent of Clay county and Randolph county adult residents had not participated in regular physical activity during the past month. The youngest category of respondents, those with the most education and income were more likely to get regular exercise.



Overweight

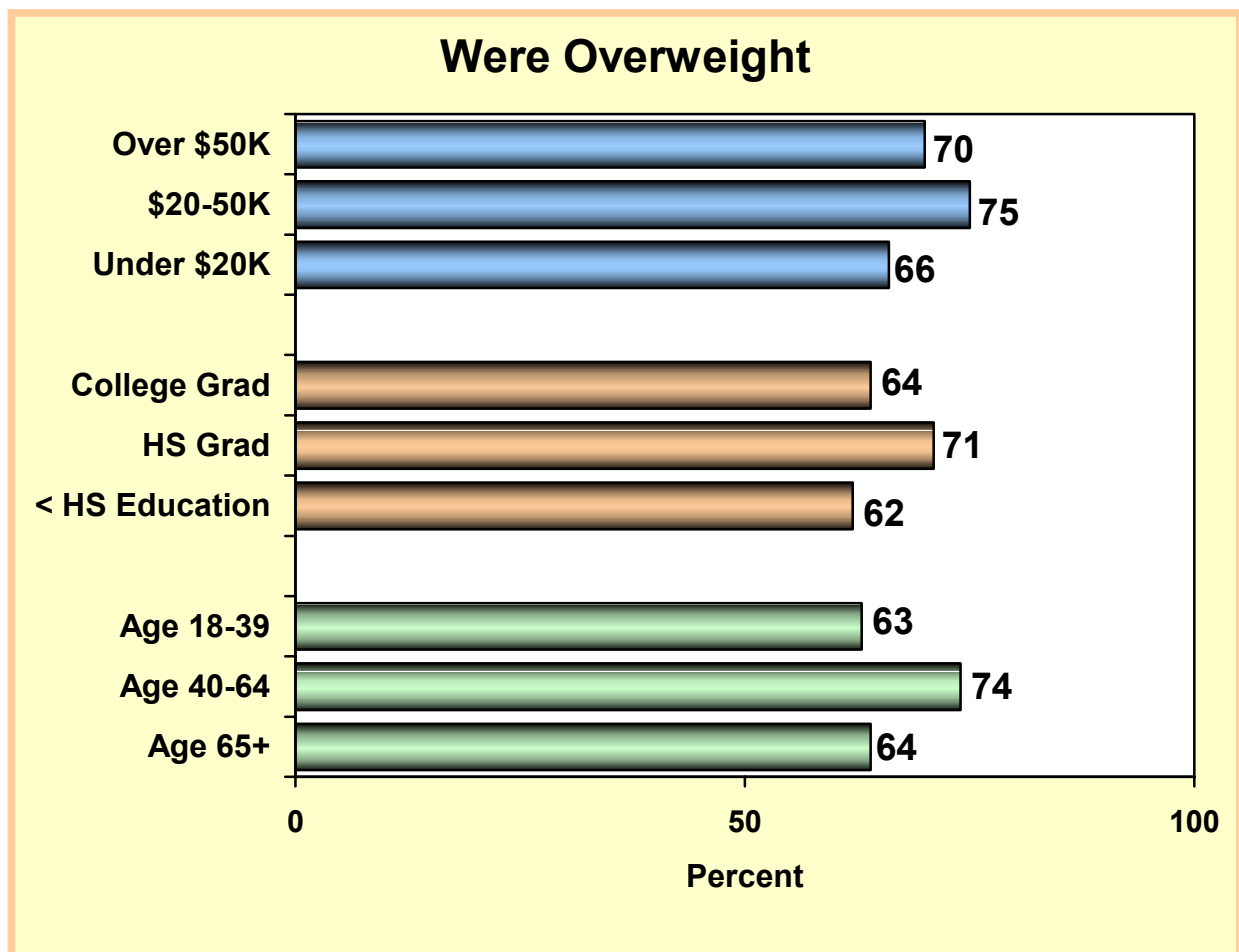
Risk Factor Definition: Overweight as Measured by Body Mass Index

Questions: 1. How much do you weigh without shoes?
2. How tall are you without shoes?

At Risk: Those with a Body Mass Index (BMI) of greater than 25.0 are overweight.
BMI is a ratio of weight to height.

Who is at risk in Randolph County and Clay County?

Sixty-eight percent of Clay county and Randolph county adults are overweight.



Disability ~ General Activity Limitations

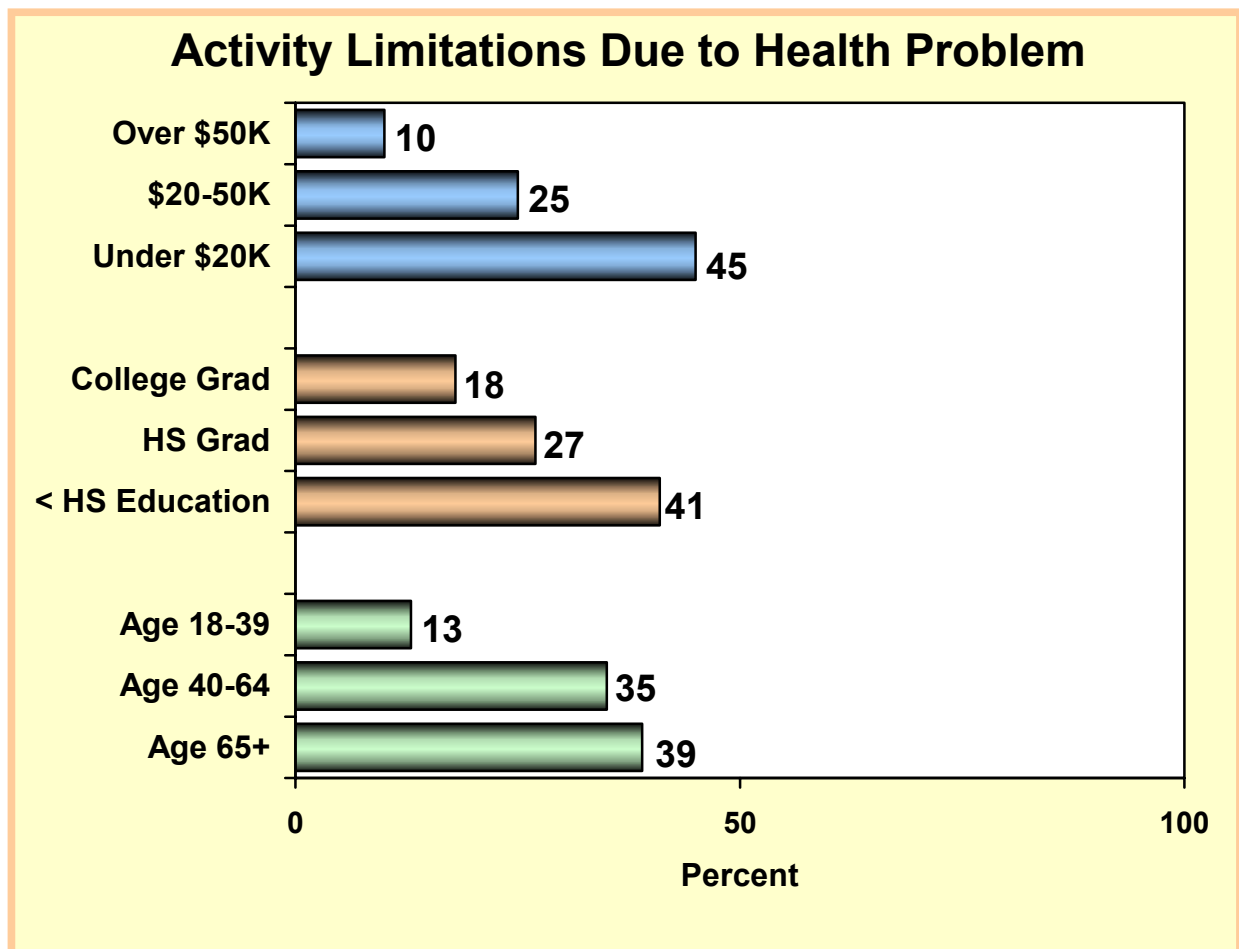
Risk Factor Definition: Activity Limitations

Questions: Are you limited in any way in any activities because of physical, mental, or emotional problems?

At Risk: Those who answered "yes" are considered at risk.

Who is at risk in Randolph County and Clay County?

Twenty-eight percent of the adults in Clay and Randolph counties reported that they had some activity limitations caused by a health condition. The oldest respondents, those with an annual household income of less than \$20,000 and those with the least years of education were more likely to report activity limitations.



Alcohol Consumption

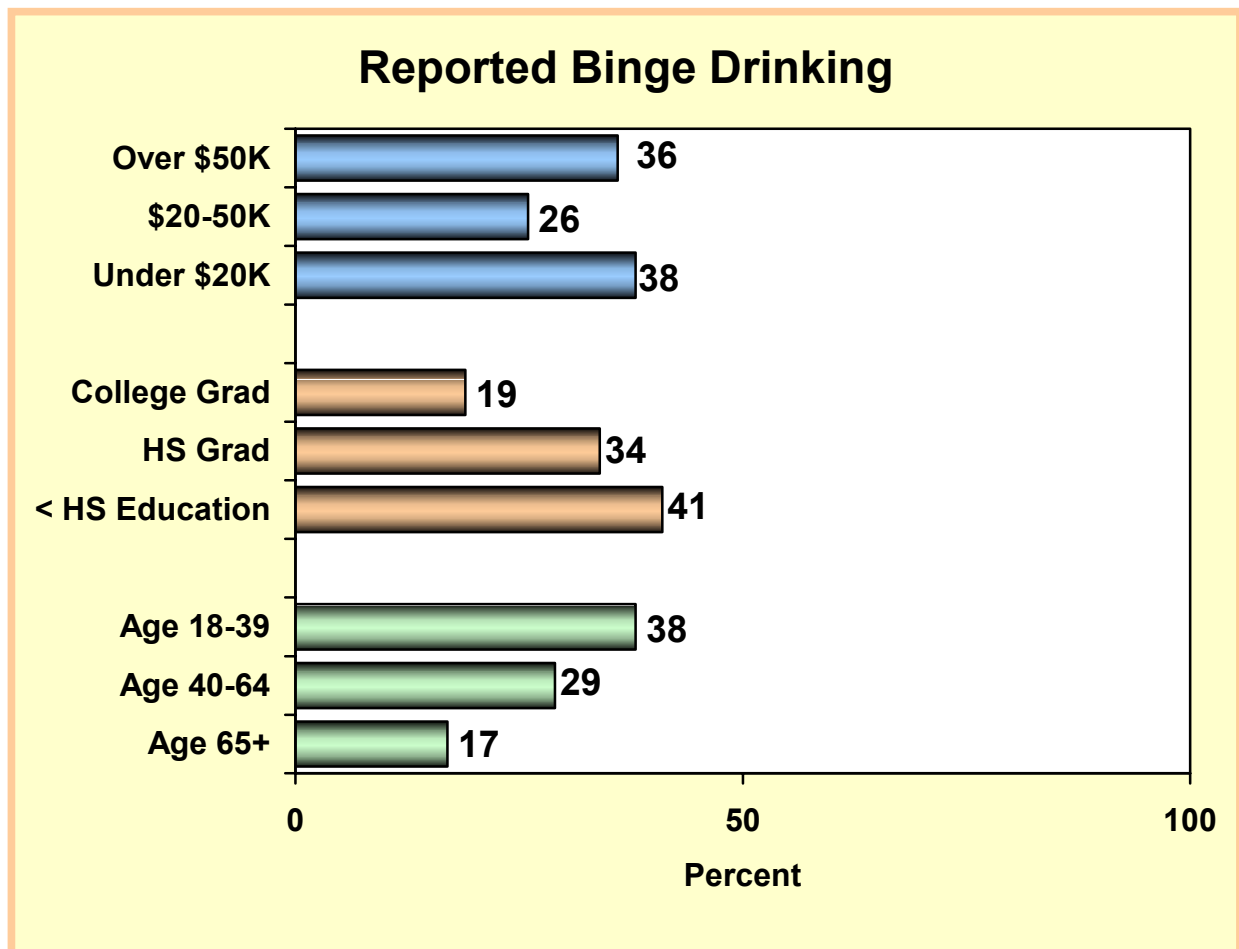
Risk Factor Definition: Binge Drinking

Question: Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on an occasion?

At Risk: Those who had five or more drinks in a row on one or more occasions during the past month are considered at risk.

Who is at risk in Randolph County and Clay County?

Of those who reported drinking at least once in the past thirty days, 32 percent said they had consumed five or more drinks on at least one occasion in the past month. The youngest category of respondents was more likely to report binge drinking.



Tobacco Use ~ Cigarette Smoking

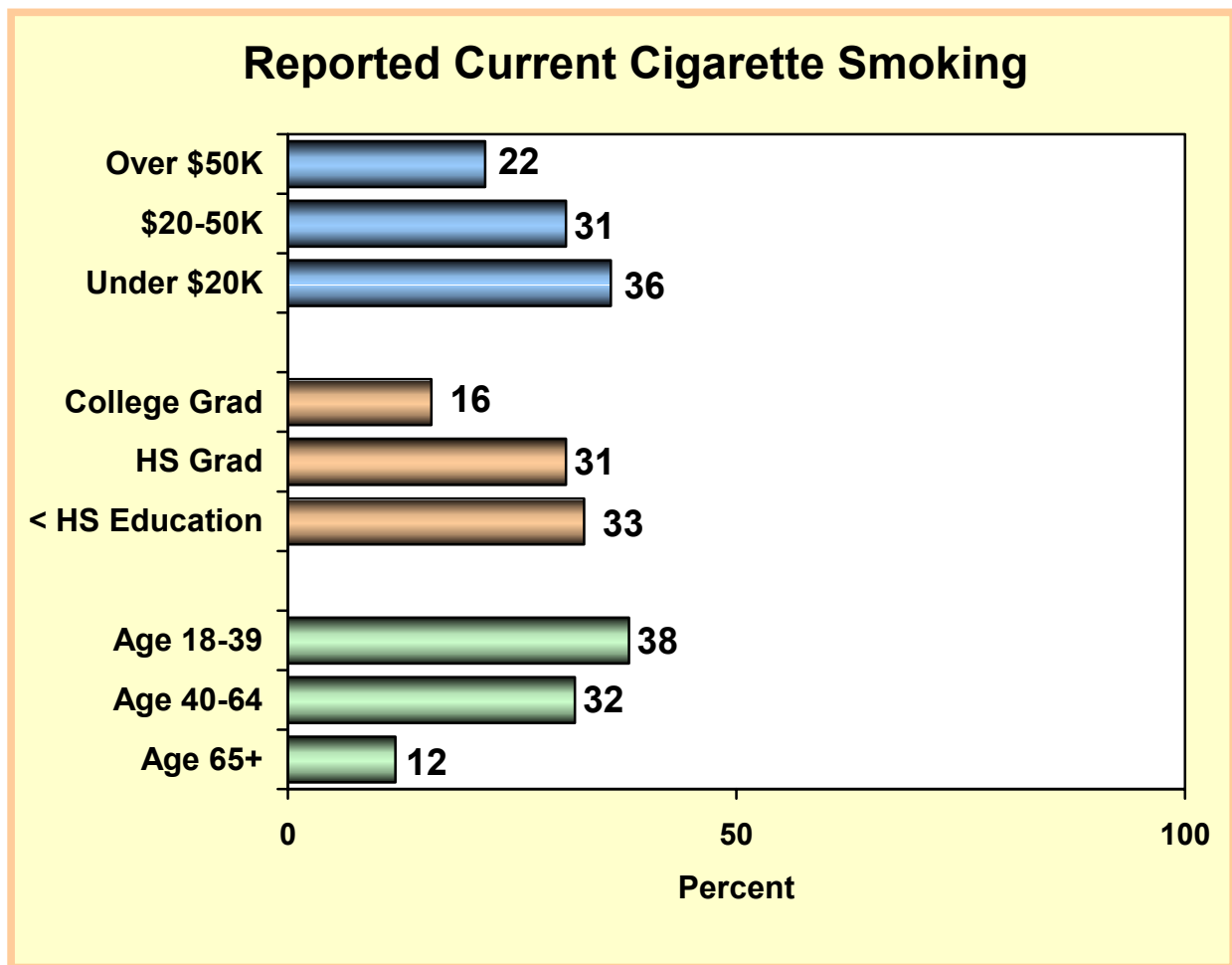
Risk Factor Definition: Currently Smoke Cigarettes

Question: Do you smoke cigarettes every day, some days, or not at all?

At Risk: Those who answered "every day" or "some days" are considered at risk.

Who is at risk in Randolph County and Clay County?

Twenty-nine percent of the adults in Clay and Randolph counties smoked had cigarettes in the past month. The youngest category of respondents, those with the least years of education and those in the lowest income bracket were more likely to smoke cigarettes.



Cigarette Smoking Cessation

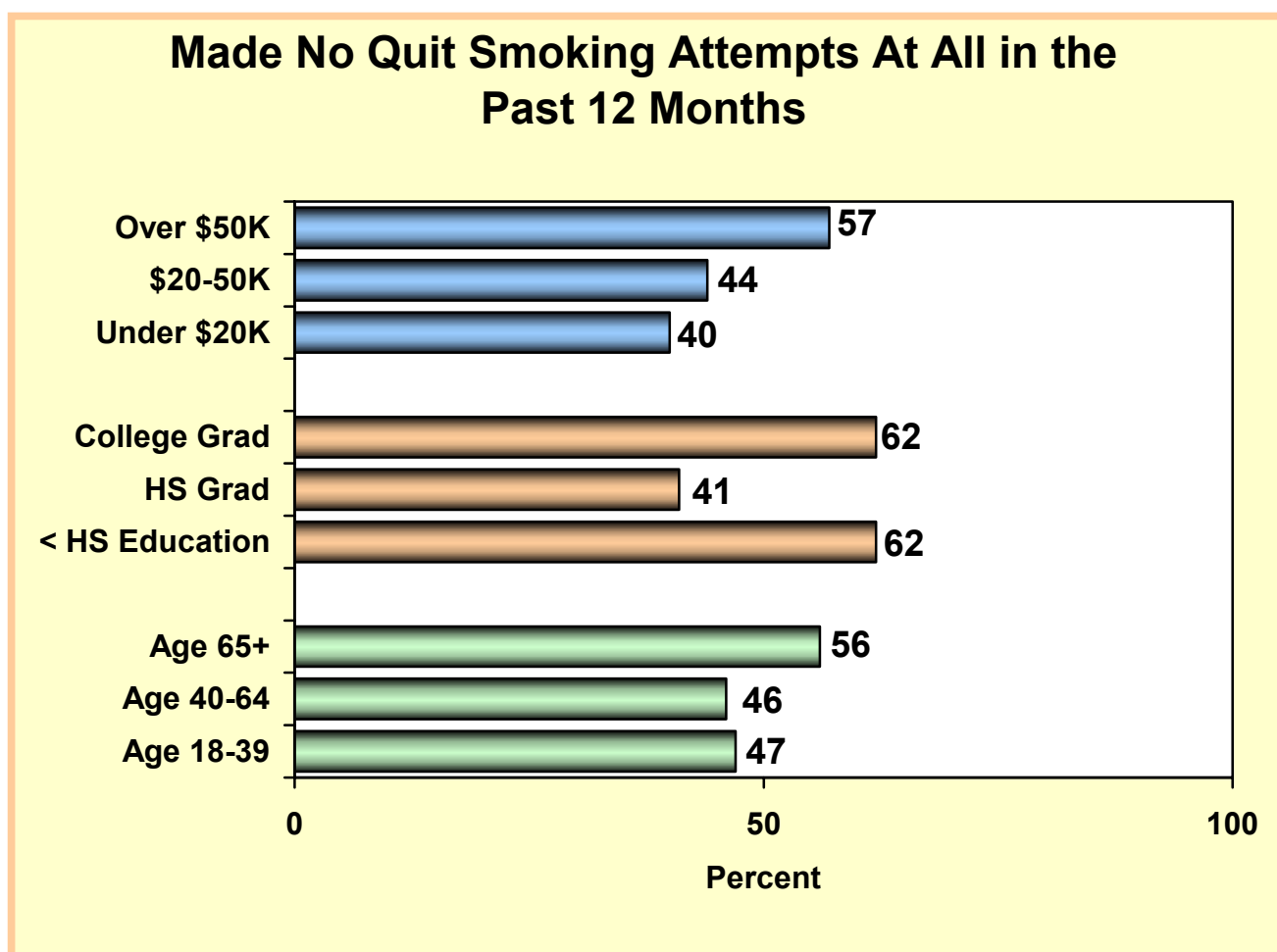
Risk Factor Definition: Smoking Cessation

Question: During the past 12 months, have you quit smoking for one day or longer?

At Risk: **Of those who smoked in the past month**, people who answered “no” are considered at risk for continued cigarette smoking.

Who is at risk in Randolph County and Clay County?

Of the current adult smokers in Clay and Randolph County, 48 percent had not quit for at least one day in the past year. Smokers with a high school education, those in the lowest income bracket were more likely to report a smokeless day in the past year. Those respondents in the highest earning bracket, the oldest respondents and those with either a college education or less than a high school graduation were more likely to report that they had made not attempt to quit smoking in the past 12 months.



Tobacco Use ~ Cigar Smoking

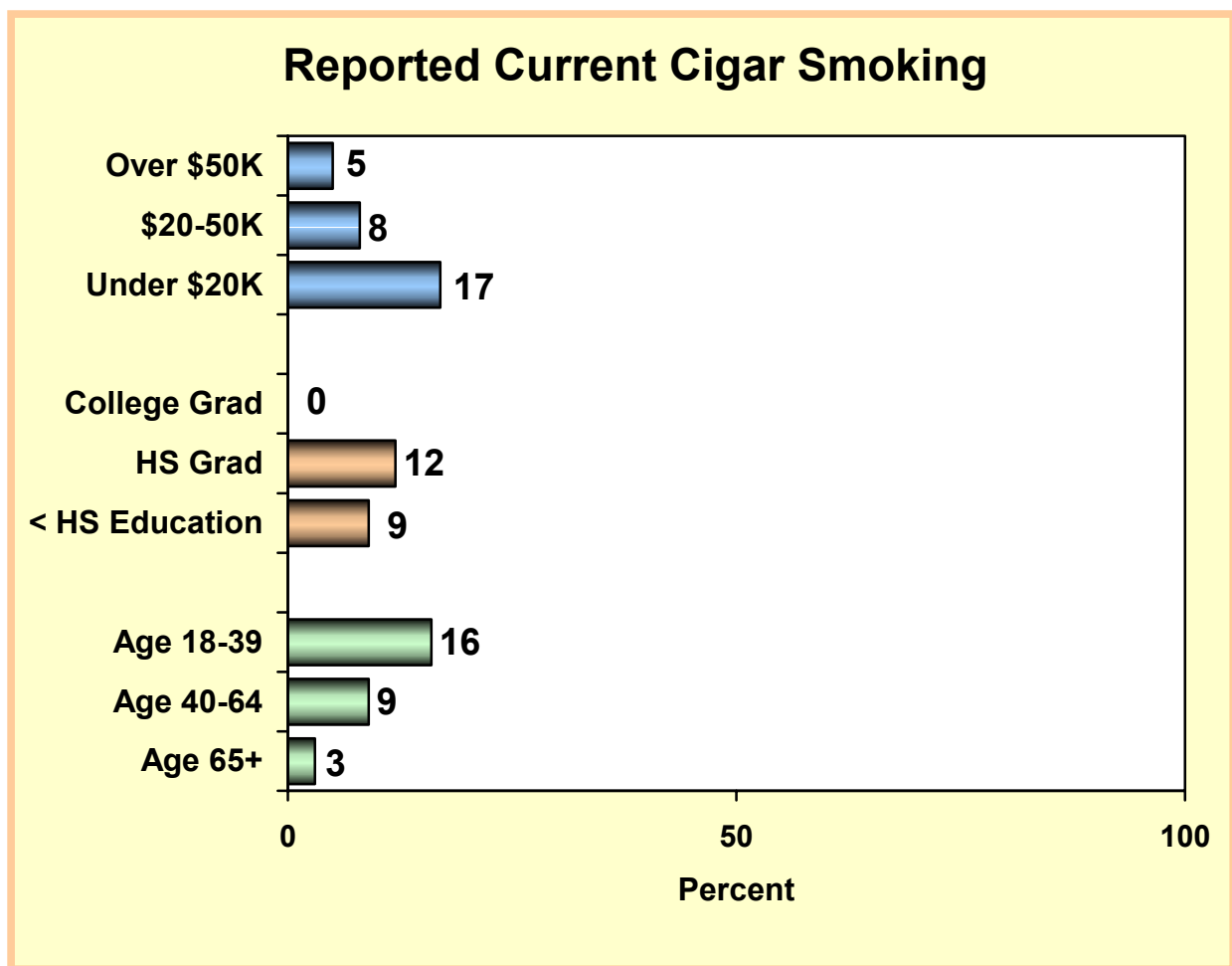
Risk Factor Definition: Currently Smoke Cigars

Question: Do you smoke cigars every day, some days, or not at all?

At Risk: Those who answered “every day” or “some days” are considered at risk.

Who is at risk in Randolph County and Clay County?

Ten percent of the adults in Clay and Randolph counties smoked cigars in the past month. Respondents in the youngest age category or those with a high school education or less were more likely to smoke cigars.



Tobacco Use ~ Pipes

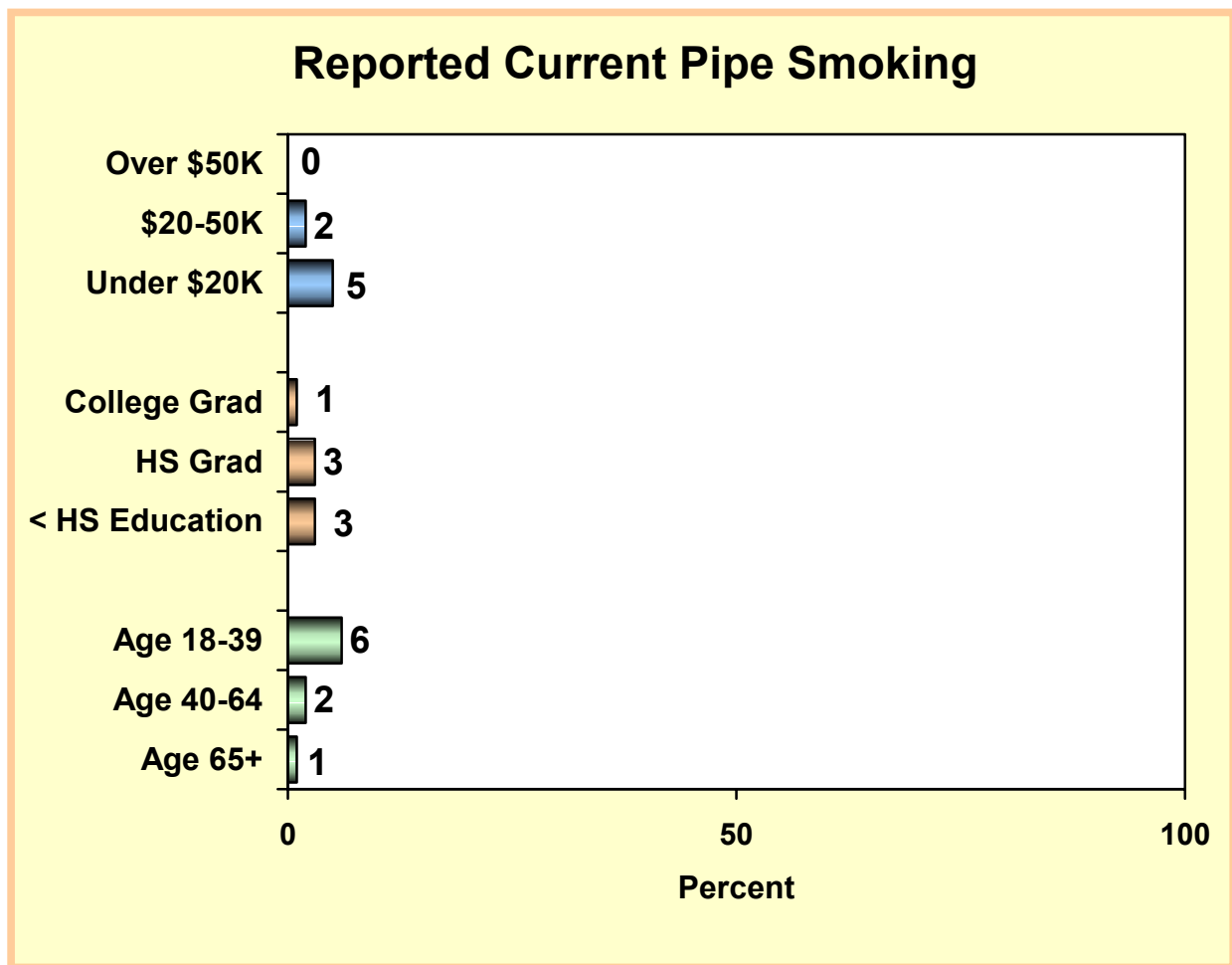
Risk Factor Definition: Smoking a pipe

Question: Do you now smoke a pipe every day, some days, or not at all?

At Risk: Those who answered "every day" or "some days" are considered at risk.

Who is at risk in Randolph County and Clay County?

Two percent of the adults in Clay county and Randolph county smoked the pipe in the past month. Respondents under the age of 40, those with a high school education or less, and those with an annual household income of less than \$20,000 were more likely to smoke a pipe.



Smoking in Home

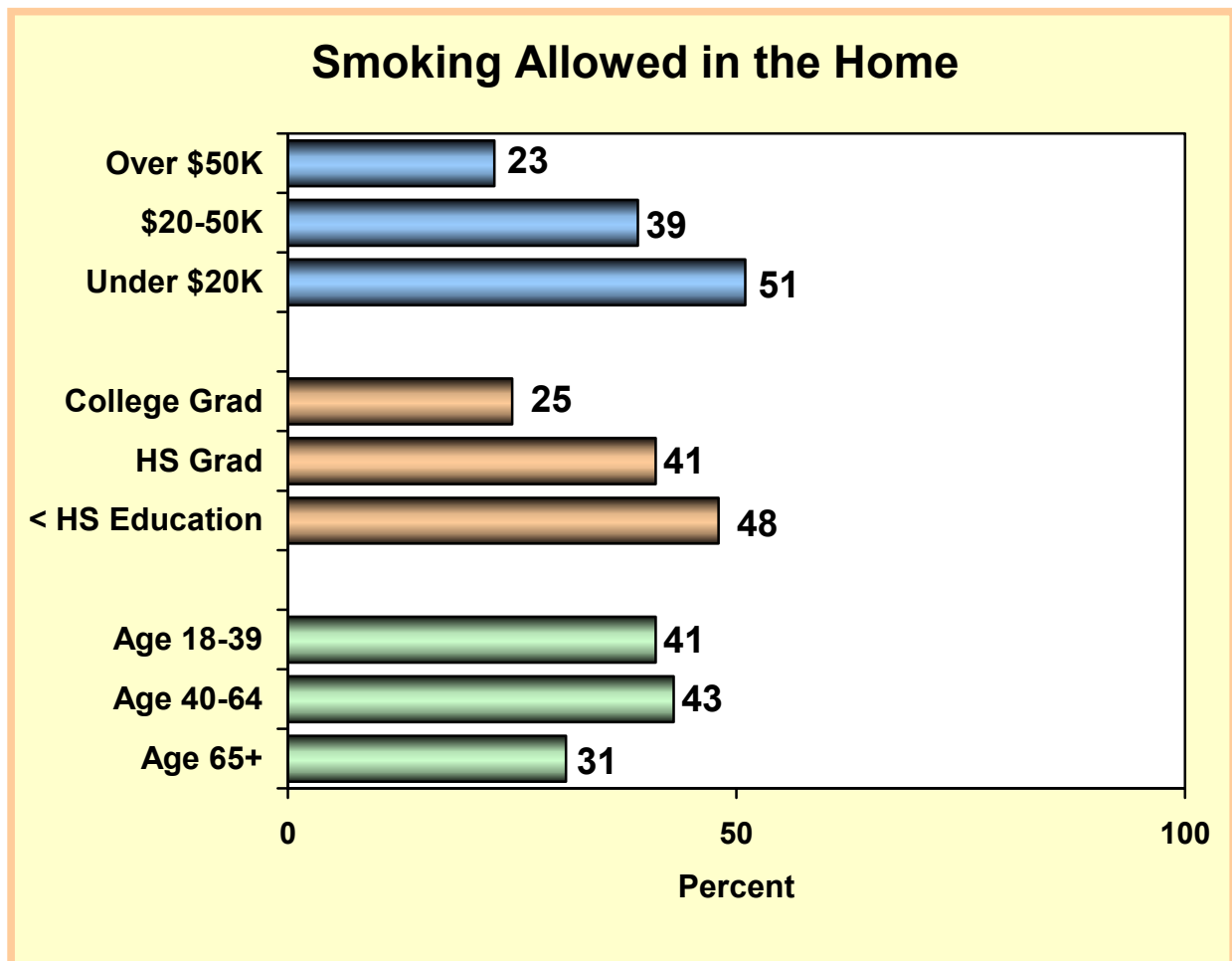
Risk Factor Definition: Smoking is allowed in the home

Question: Which statement best describes the rules of smoking inside your home?

At Risk: Those who did not indicate that smoking is not allowed anywhere inside the home are considered at risk.

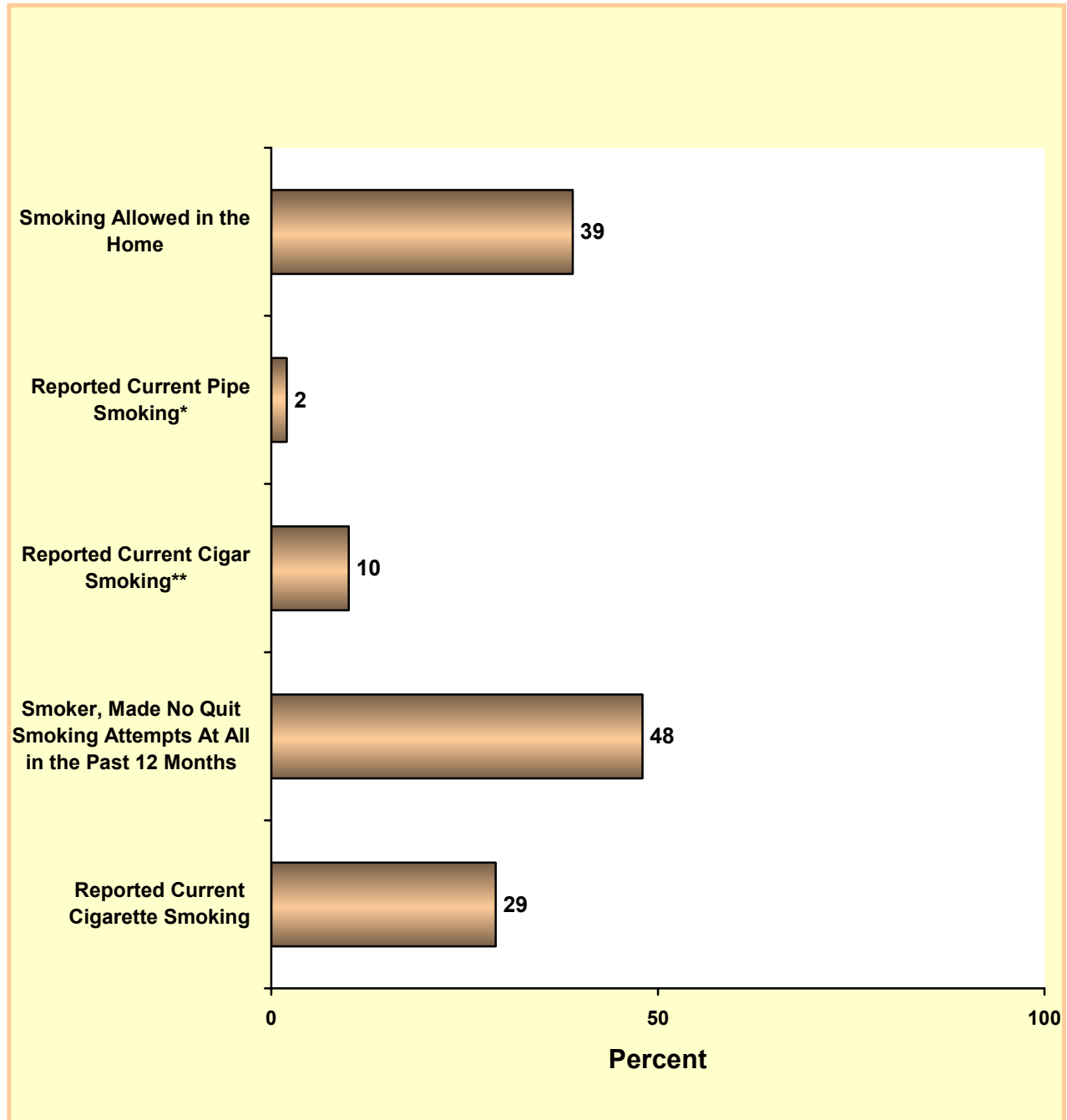
Who is at risk in Randolph County and Clay County?

Thirty-nine percent of the adults in Clay and Randolph counties indicated that smoking is allowed inside their home. Respondents with less than a high school education and those in the lowest income bracket were more likely to live in homes where smoking was allowed.



Tobacco Use Summary

Questions regarding cigarette smoking, attempts to quit smoking, smoking in the home, and other tobacco use were asked as part of the Clay County and Randolph County, County Adult Health Survey.



**Of those who have ever tried smoking tobacco in a pipe, even one or two puffs*

***Of those who have ever tried smoking a cigar, even one or two puffs*

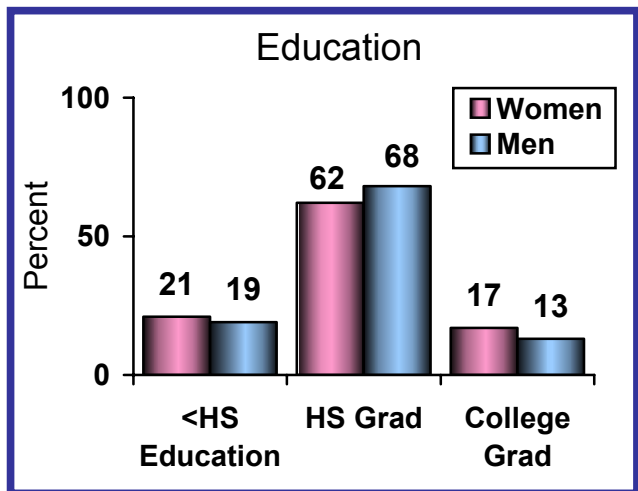
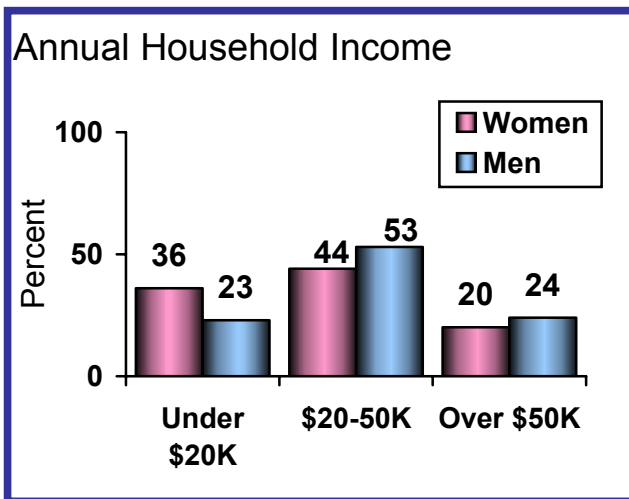
Women's Health & Risk Factors

Women's Health

Demographics

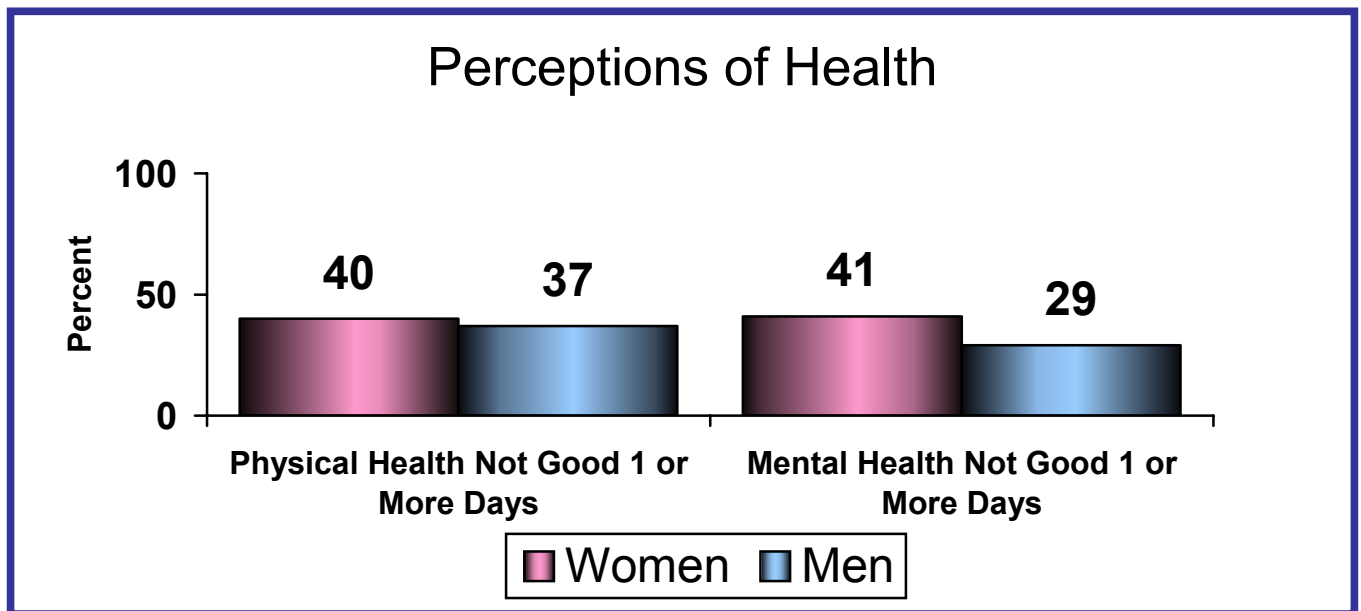
Total Number of People Surveyed		
Male	Female	Total Surveyed
159	276	435

Economic Characteristics

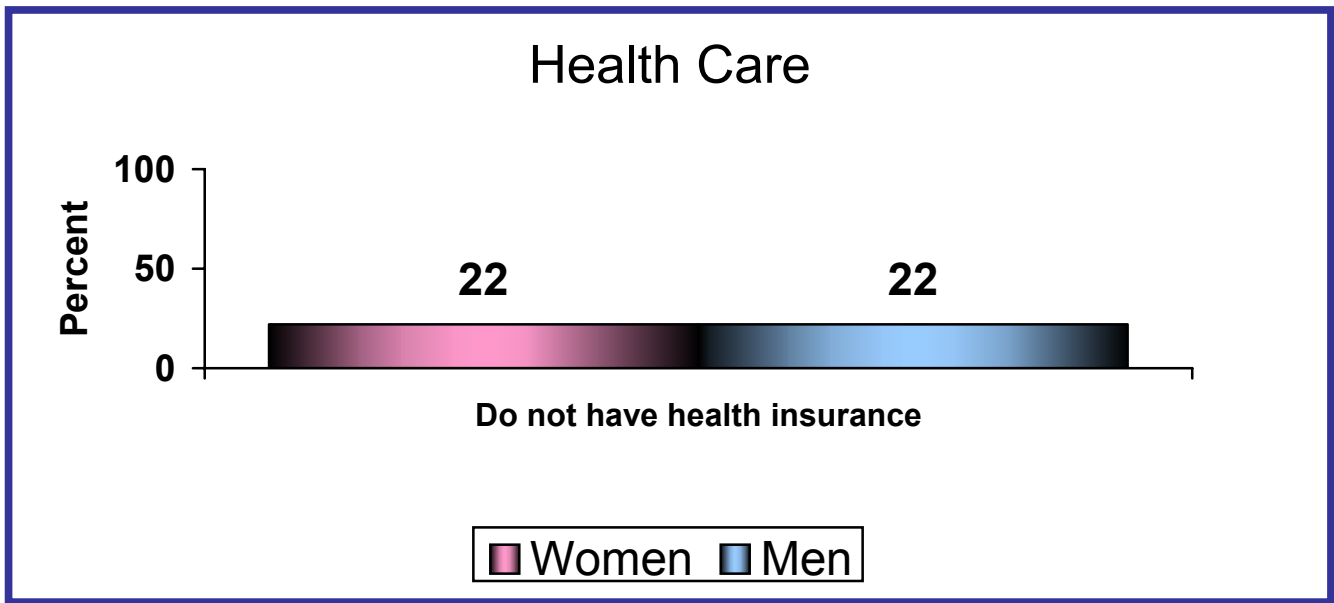


Women & Behavioral Risk Factors

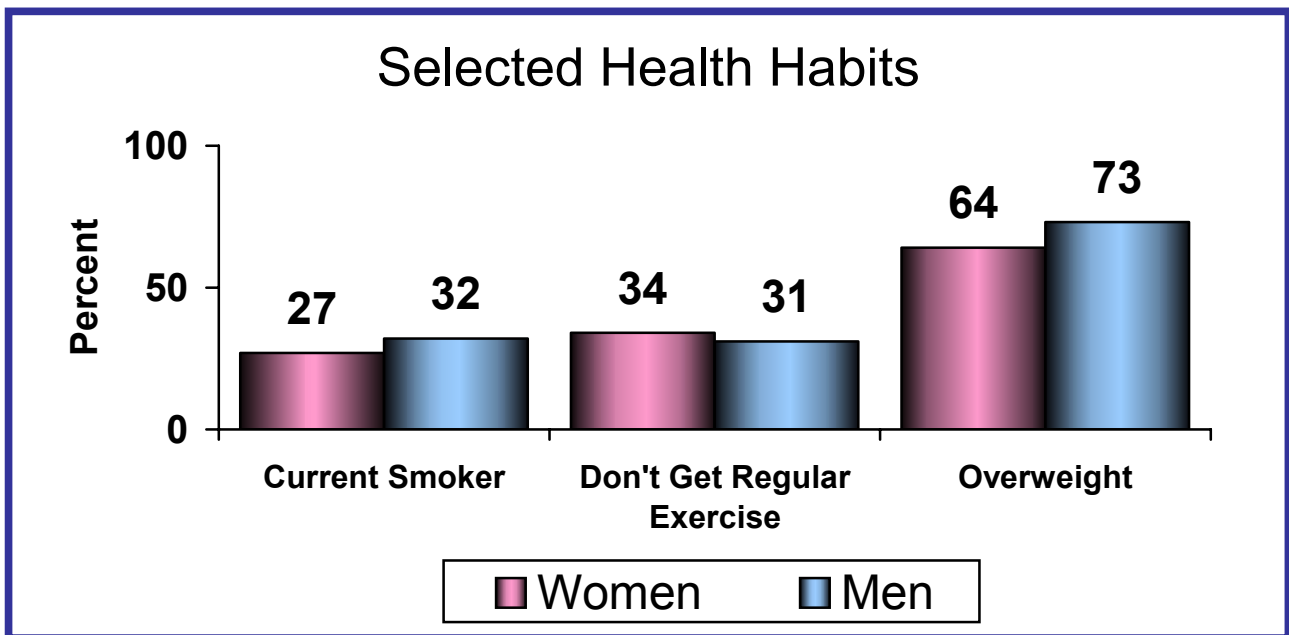
In addition to the standard BRFSS questions, the survey for Clay and Randolph counties included questions related to women's health issues. Disparities between women's and men's health exist for various risk factors. Self-reported perceptions of health, utilization of preventative health care and health screenings, and personal risk behaviors for men and women in Clay and Randolph counties were compared.



Women were more likely than men to report that their physical health and their mental health had been “not good” on one or more days during the past month.



Women in Clay county and Randolph county were more likely than their male counterparts to have had no health insurance.



Men in Clay county and Randolph county were more likely than the women to be smokers and overweight, but more likely to get regular exercise.

Breast Cancer Screening and Knowledge

Risk Factor Definition: No mammogram within the past two years

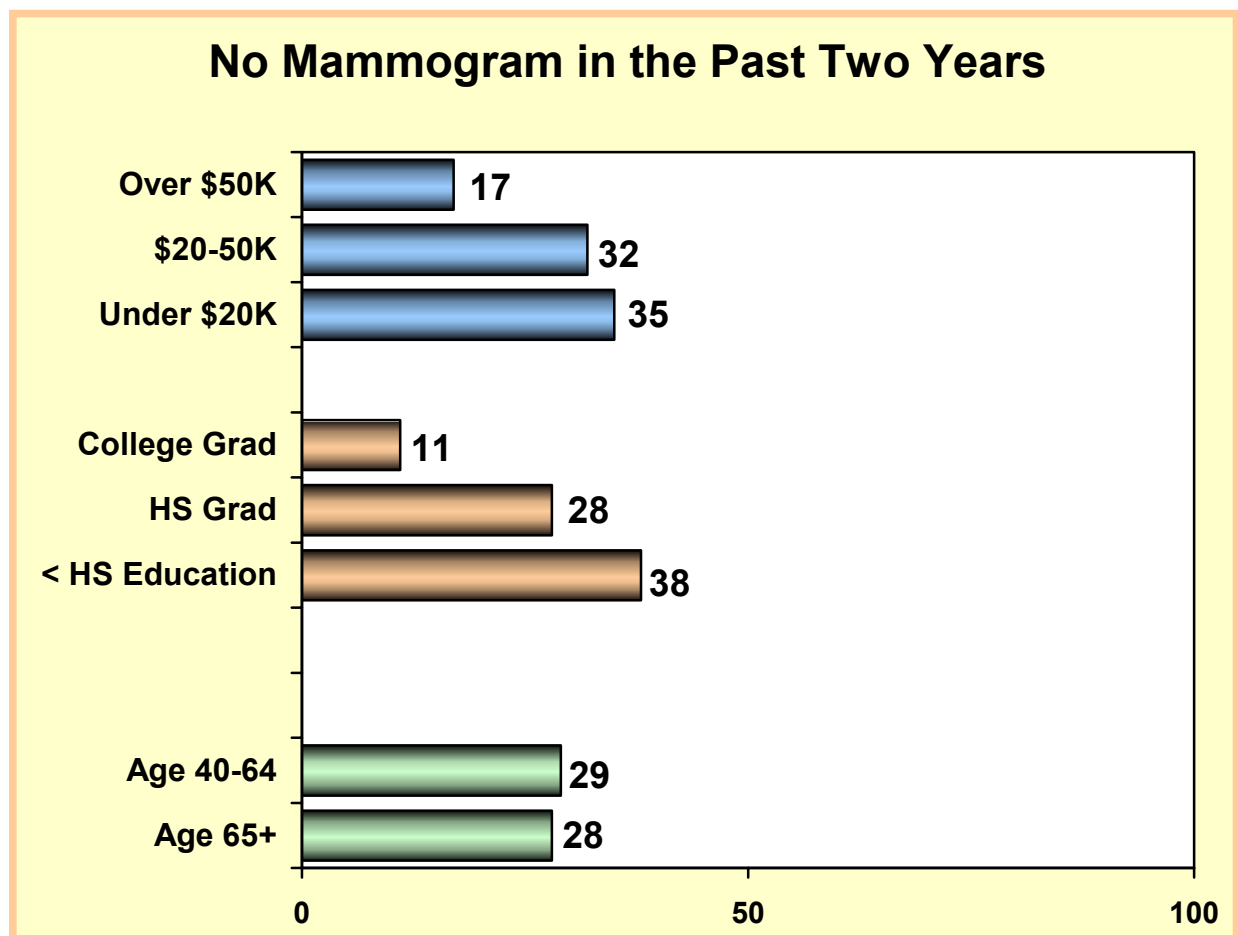
A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?

Question: How long has it been since your last mammogram?

At Risk: Women 40 and older who haven't had a mammogram in the past two years are considered at risk.

Who is at risk in Randolph County and Clay County?

Twenty-eight percent of women over age 40 had not had a mammogram within the past two years. Women in the lowest income bracket and those with the least years of education were more likely to report that they had not been screened in the past two years.



Pap Smears

Risk Factor Definition: No pap smear within the past three years

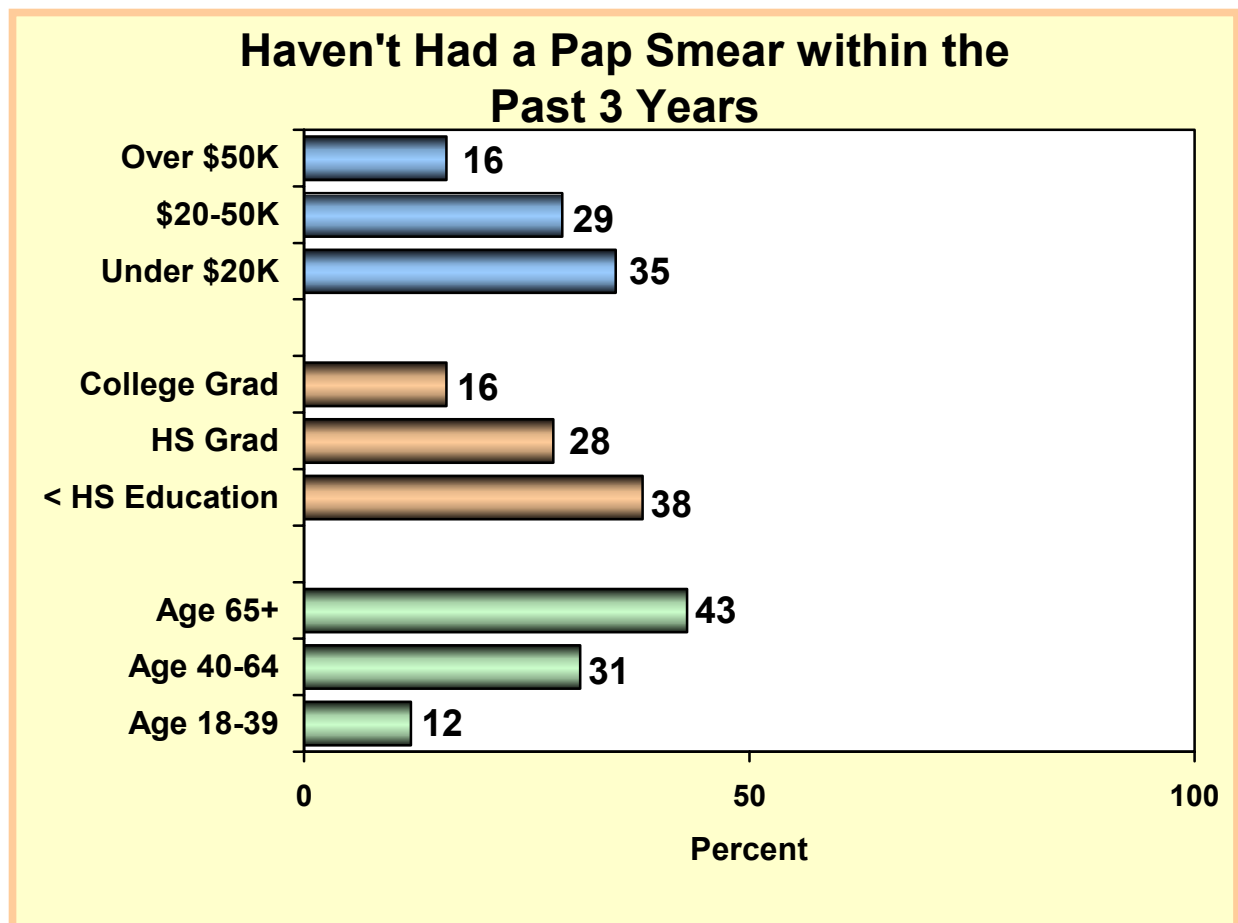
A Pap smear is a test for cancer of the cervix.

Question: Have you ever had a Pap smear? How long has it been since your last Pap smear?

At Risk: Women 18 or older with an intact uterus who have not had a Pap smear within the past three years are considered at risk.

Who is at risk in Randolph County and Clay County?

Twenty-eight percent of Clay county and Randolph county adult women had not had a Pap smear within the past three years. Women in the lowest income bracket, the oldest respondents, and those with the least years of education were less likely to report that they had had this screening test.

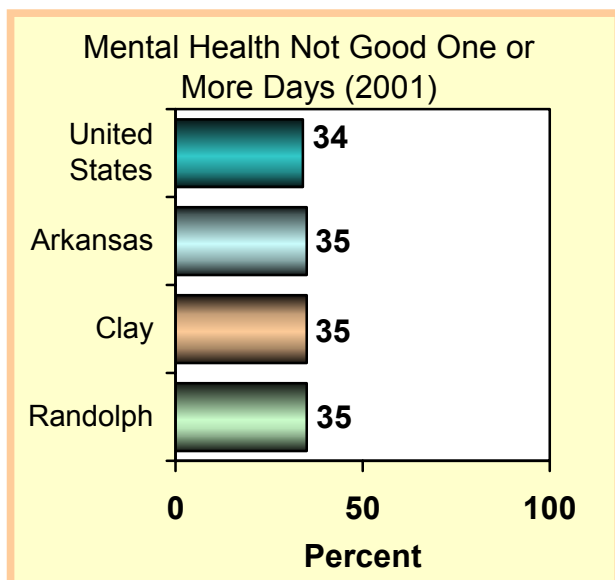
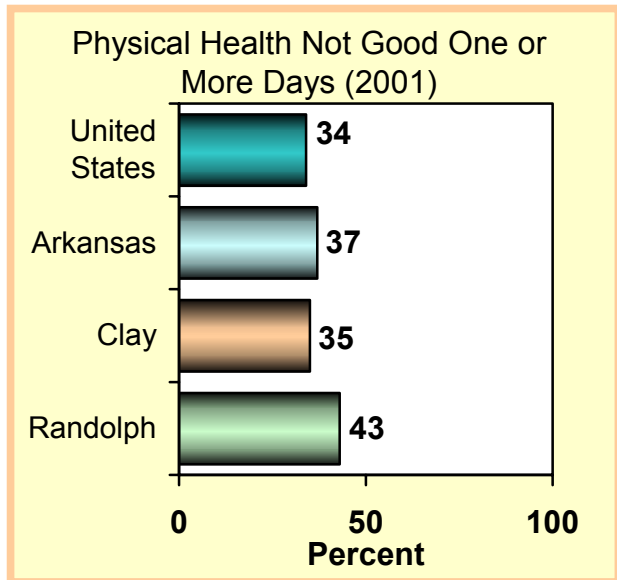
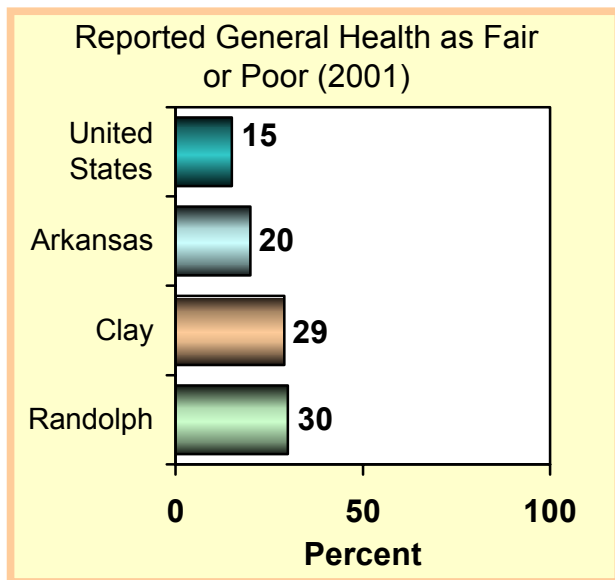


BRFSS data for Randolph County and Clay County, Arkansas, and the United States Compared

How Does Randolph County Compare?

In order to determine Randolph County's adult health strengths and weaknesses, its County Adult Health Survey data were compared to state and national data from the 2001 and 2002 BRFSS. These were the most recent years for which U.S. and Arkansas data were available.

Health Status

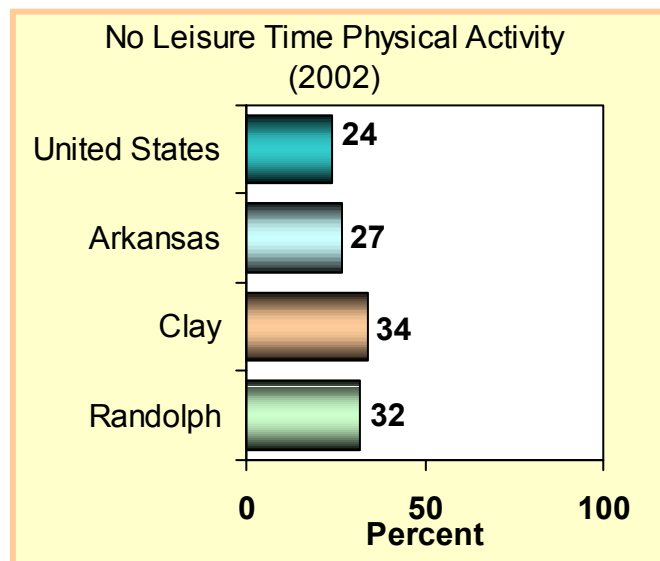
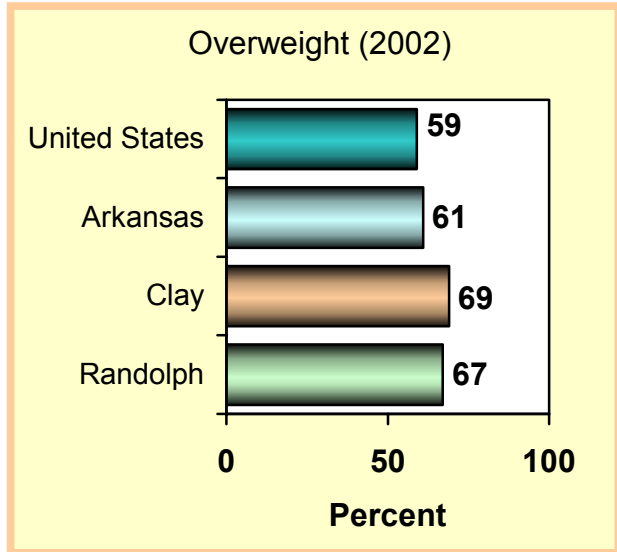
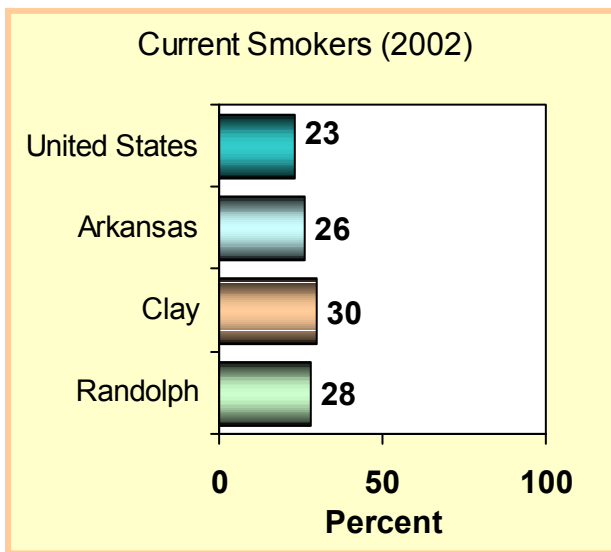


Randolph County adults reported their **general health** to be fair or poor **more often** than adults in Clay County, Arkansas and the nation.

Randolph County adults' reported their **physical health** to be "not good one or more days" more than counterparts in Clay County, Arkansas and the nation.

Randolph County's reports of **mental health** closely matched Clay County, Arkansas and the nation.

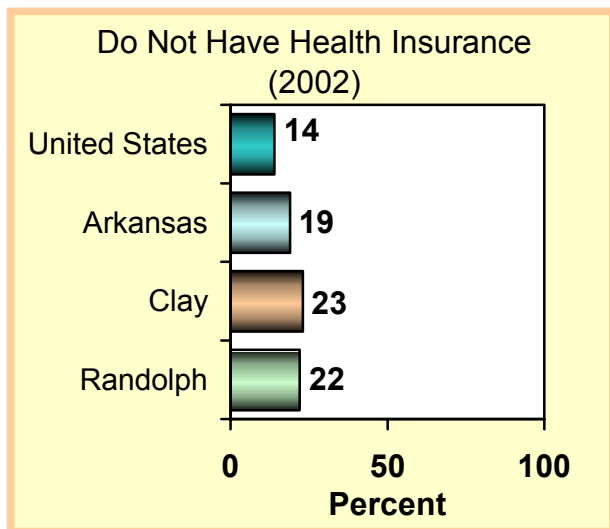
Health Habits



Randolph County's percentage of **current smokers**, though lower than that for Clay County, is **higher than** the percentage for Arkansas and the nation.

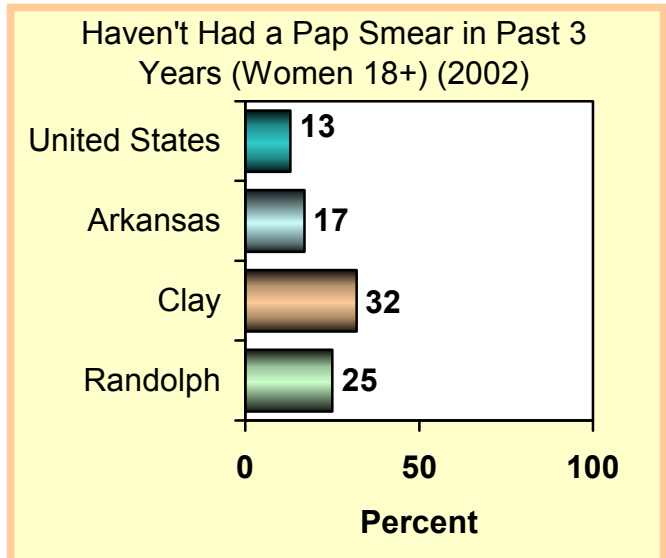
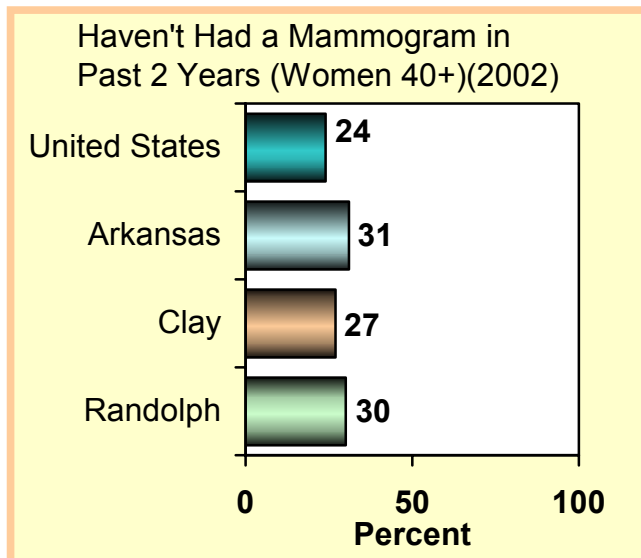
Randolph County also has a **higher percentage** of **overweight adults** and adults with **no leisure time** activity than Arkansas and the nation.

Health Care Access and Routine Health Screenings



Randolph County has a **higher percentage** of **uninsured adults** than Arkansas and the nation.

The percentage of women over the age of 40 years in Randolph County who **had not had a mammogram** in the past two years was **higher** than for Clay County, Arkansas and the nation.



Appendix

Hometown Health BRFSS Survey Questions

The following questions were administered as part of the Hometown Health County Adult Health Survey. The interviews were conducted by telephone. Interested parties can obtain a complete copy of the script used to conduct the interview from their local Hometown Health leaders.

Section 1: Health Status

- 1.1. Would you say that in general your health is excellent, very good, good, fair or poor?
- 1.2. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?
- 1.3. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?
- 1.4. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

Section 2: Health Care Access

- 2.1. Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?
- 2.2. What type of health care coverage do you use to pay for most of your medical care?
- 2.3. There are some types of coverage you may not have considered. Please tell me if you have any of the following (list of insurance plans).

Section 3: Exercise

- 3.1. During the past 30 days, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?

Section 4: Hypertension Awareness

- 4.1. Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure.
- 4.2. Are you currently taking medicine for your high blood pressure?

Section 5: Cholesterol Awareness

- 5.1 Have you ever had your blood cholesterol checked?
- 5.2 About How long has it been since you had your blood cholesterol checked?
- 5.3 Have you ever been told by a doctor, nurse, or other health professional; that your blood cholesterol is high?

Section 6: Asthma

- 6.1 Did a doctor ever tell you that you had asthma?
- 6.2 Do you still have asthma?

Section 7: Diabetes

- 7.1. Have you ever been told by a doctor that you have diabetes?

Section 8: Arthritis

- 8.1. During the past 12 months, have you had pain, aching, stiffness or swelling in or around a joint
- 8.2. Were these symptoms present on most days for at least one month?
- 8.3. Are you now limited in any way in any activities because of joint symptoms?
- 8.4. Have you ever seen a doctor, nurse, or other health professional for these joint symptoms?
- 8.5. Have you ever been told by a doctor that you have arthritis?
- 8.6. Are you currently being treated by a doctor for arthritis?

Section 9: Immunization

9.1. During the past 12 months, have you had a flu shot?

9.2. Have you ever had a pneumonia shot?

Section 10: Tobacco Use

10.1. Have you smoked at least 100 cigarettes in your entire life?

10.2. Do you now smoke cigarettes everyday, some days, or not at all?

10.3. On the average, about how many cigarettes a day do you now smoke?

Section 11: Alcohol Consumption

11.1 A drink is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or shot of liquor. During the past 30 days, how often have you had at least one drink of any alcoholic beverage?

11.2 On the days when you drank, about how many drinks did you drink on the Average?

11.3 Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on an occasion?

Section 12: Firearms

12.1. Are any firearms now kept in or around your home? Include those kept in a garage, outdoor storage area, car, truck, or other motor vehicle.

Section 13: Demographics

13.1. What is your age?

13.2. Are you Hispanic or Latino?

13.3. Which one or more of the following would you say is your race?

13.4. Which one of these groups best represent your race?

13.5. Are you married, divorced, widowed, separated, never been married, or a member of an unmarried couple?

13.6. How many children less than 18 years of age live in your household ?

13.7. What is the highest grade or year of school you completed?

- 13.8. What is your current employment status?
- 13.9. What is your annual household income from all sources?
- 13.10. About how much do you weigh without shoes?
- 13.11. About how tall are you without shoes?
- 13.12. What is your ZIP Code?
- 13.13. Do you have more than one telephone number in your household?
- 13.14. How many residential telephone numbers do you have?
- 13.15a. Has your regular home telephone service been disconnected in the last 12 months?
- 13.15b. In the past 12 months, about how many months in total were you without a working home telephone? (Do not count cell phones)
- 13.16. Indicate sex of respondent. (Ask Only if Necessary)

Section 14: Disability

- 14.1. Are you limited in any way in any activities because of physical, mental, or emotional problems?
- 14.2. Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?

Section 15: Physical Activity

- 15.1. When you are at work, which of the following best describes what you do?
- 15.2. Now thinking about the moderate physical activities you do (when you are not working) if "employed" or "self-employed" in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate?
- 15.3. How many days per week do you do these moderate activities for at least 10 minutes at a time?
- 15.4. On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?
- 15.5. Now thinking about the vigorous physical activities you do (when you are not working) if "employed" or "self-employed" in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?

- 15.6. How many days per week do you do these vigorous activities for at least 10 minutes at a time?
- 15.7. On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

Section 16: Prostate Cancer Screening

- 16.1. A Prostate Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Have you ever had a PSA test?
- 16.2. How long has it been since you had your last PSA test?
- 16.3. A digital rectal exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. Have you ever had a digital rectal exam?
- 16.4. How long has it been since you had your last digital rectal exam?
- 16.5. Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?
- 16.6. Has your father, brother, son, or grandfather ever been told by a doctor, nurse, or health professional that he had prostate cancer?

Section 17: Colorectal Cancer Screening

- 17.1. A blood stool test is a test that may use a special kit at home to determine whether stool contains blood. Have you ever had this test using a home kit?
- 17.2. How long has it been since you had your last blood stool test using a home kit?
- 17.3. Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer or other problems. Have you ever had these exams?
- 17.4. How long has it been since you had your last Sigmoidoscopy or colonoscopy?

Section 18: HIV/AIDS

- 18.1 A pregnant woman with HIV can get treatment to help reduce the chances that she will pass the virus on to her baby. (True/False)?
- 18.2 There are medical treatments available that are intended to help a person who is infected with HIV to live longer. (True/False)?
- 18.3 How effective do you think these treatments are helping persons with HIV to live longer?
- 18.4 How important do you think it is for people to know their HIV status by getting tested?
- 18.5 As far as you know, have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation.
- 18.6 Not including blood donations, in what month and year was your last HIV test?
- 18.7 What was the main reason you had your last test for HIV?
- 18.8 Where did you have the HIV test in... ?
- 18.9 In the past 12 months has a doctor, nurse, or other health professional talked to you about preventing sexually transmitted diseases through condom use?

County Selected Modules

Module 5: Women's Health

- 1. What types of things can women do to help in the early detection of breast cancer?
- 2. Is there anything else women can do to help in the early detection of breast cancer?
- 3. A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?
- 4. What is the most important reason why you haven't had a mammogram?
- 5. Are there any other reasons why you haven't had a mammogram?
- 6. How long has it been since you had your last mammogram?
- 7. What is the most important reason why you haven't had a mammogram in the past two years?

8. Are there any other reasons why you haven't had a mammogram in the past two years?
9. Was your last mammogram done as part of a routine checkup, because of a breast problem, or because you've already had breast cancer?
10. In the past month, have you noticed any posters, billboards, commercials or advertisements with a message about having a mammogram test?
11. Are you aware that the health department offers free to low cost breast exams and mammograms?
12. How often do you believe women your age should get a mammogram?
13. Did a doctor suggest that you have your most recent mammogram?
14. Have you ever had breast cancer?
15. Do you think your risk of getting breast cancer is high, medium, low, or none?
16. If you wanted to have a mammogram, would you have to pay for all, part or none of the cost?
17. How difficult would it be for you to pay for the cost of the mammogram test? Would you say very difficult, somewhat difficult, a little difficult or not at all difficult?
18. Have you ever had a clinical breast exam?
19. How long has it been since your last breast exam?
20. Was your last breast exam done as part of a routine checkup, because of a breast problem other than cancer, or because you've already had breast cancer?
21. A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear?
22. How long has it been since you had your last Pap smear?
23. Was your last Pap smear done as part of a routine exam, or to check a current or previous problem?
24. Have you had a hysterectomy?

Module 13: Tobacco Indicators

1. How old were you the first time you smoked a cigarette, even one or two puffs?
2. How old were you when you first started smoking cigarettes regularly?
3. About how long has it been since you last smoked cigarettes regularly?
4. In the past 12 months, have you seen a doctor, nurse, or other health professional to get any kind of care for yourself?
5. In the past 12 months, has a doctor, nurse, or other health professional advised you to quit smoking?
6. Which statement best describes the rules about smoking inside your home?
7. While working at your job, are you indoors most of the time?
8. Which of the following best describes your place of work's official smoking policy for indoor public or common areas, such as lobbies, rest rooms, and lunchrooms?
9. Which of the following best describes your place of work's official smoking policy for work areas?

Module 14: Other Tobacco Products

1. Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?
2. Do you currently use chewing tobacco or snuff everyday, some days, or not at all?
3. Have you ever smoked a cigar, even one or two puffs?
4. Do you now smoke cigars everyday, some days, or not at all?
5. Have you ever smoked tobacco in a pipe, even one or two puffs?
6. Do you now smoke a pipe everyday, some days, or not at all?
7. A bidi is a flavored cigarette from India, Have you ever smoked a bidi, even one or two puffs?
8. Do you now smoke bidis everyday, some days, or not at all?

-End of Survey-